

JUMP START 2012 with: Surf & Turf Crosstrain for WEIGHT LOSS



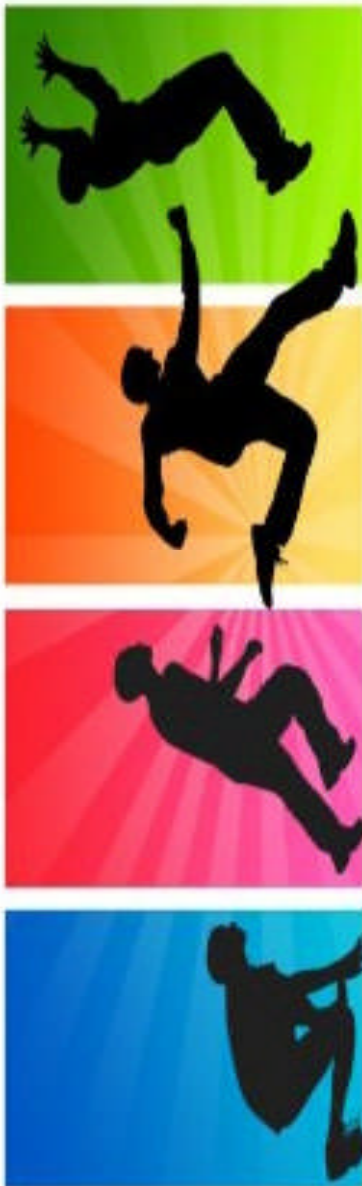
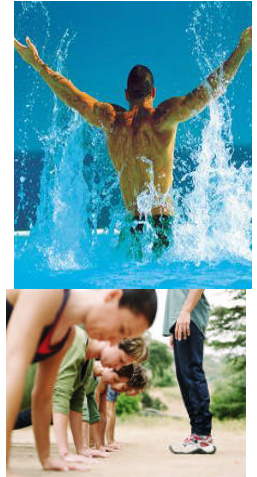
SCRIPPS RANCH SWIM & RACQUET CLUB

8 WEEK Weight Loss PROGRAM

This is not a diet! It's a plan you can live with.

- **JUMP START your 2012 Weight Loss NOW!**
- For new exercisers and longtime fitness fans.
- This is a fun and simple approach to getting fit and losing weight.
- This 8 week program combines and includes
 - Coaching
 - Calorie Burning
 - Support and Motivation
 - Progress Journal
 - Your Pathways to Fitness Plan
 - Meeting with a certified Success Coach
 - Camaraderie
 - A step-by-step nutrition plan
 - Tools for success
 - Fit-To-Travel Kit

Your 8- week weight loss program includes 8 power packed sessions with your coach plus a **FREE bonus 9th work out session!**



Discover a better you—sign-up today!

Where: SRSRC Group Fitness Room

When: Tuesdays, January 17th - March 13th
11:00am - 12:00pm

Who: You and your Coach; Clarice Addison
clarice@fitxsandiego.com

How Much: \$149.00 for 8 Weeks plus a FREE Bonus Work Out

How to Get RESULTS NOW:
Go to fitxsandiego.com and click on the weight loss program being provided at your location. Confirmation and more information will be e-mailed to you.



For Online Class Schedules, Personal Training Specials, and General Information go to fitxsandiego.com, select "Service Site" and click on site logo.

Contact your Fit-X San Diego fitness coordinator
Heidi Verner at 858-715-8611 or heidi@fitxsandiego.com.

"Agents of Change"