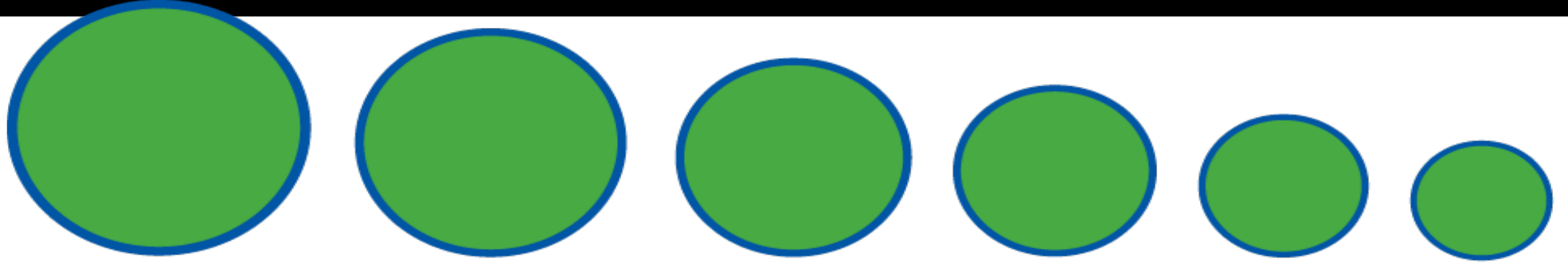


FOOTHILLS PARK & RECREATION DISTRICT



Weigh and WIN

FALL FITNESS CHALLENGE FOR AGES 18 & UP OCT 5 – DEC 31, 2011

How to get started . . .

ENROLL

Register for FREE, complete your first weigh-in and receive your personal plan.

WEIGH

FIRST WEIGH-IN: OCT 5 – 12 (any time)

Then, every 90 days (or more often if you'd like), complete a private, photographed weigh-in to track your progress.

ACHIEVE

Eat healthy and be active! Receive daily support through email, text and online resources. Call 303-409-2114 for guided instructor-led programs.

WIN! QUALIFY FOR REWARDS & PRIZES.

LOCATION PEAK COMMUNITY & WELLNESS CENTER
6612 S. Ward Street, Littleton, CO 80127
303-409-2114




Foothills
Park & Recreation District

FOR HELP WITH NUTRITION or FITNESS . . . TRY THESE OPTIONS AT PEAK COMMUNITY & WELLNESS CENTER (6612 S. WARD ST., LITTLETON)

NUTRITION FOUNDATIONS & WEIGHT LOSS PROGRAM

Instructor: Debora Hankinson, Nutrition Therapist

*Don't try fad diets or starve yourself
– join us for this 4-week class and you will:*

- Learn about the health-diet link
- Use Nutrition to meet your wellness goals
- Focus on adopting a healthy eating lifestyle

All so you can **FEEL BETTER** and **LOSE WEIGHT NATURALLY!**

Class #6545-1: MON (9 – 10:30 a.m.)

Class #6545-2: THU (6:30 – 8:30 p.m.)

Classes begin the week of OCT 17, 2011

Fee: \$136 (District Rate: \$120) 4 weeks

Details: 303-409-2114

FOOTHILLS TRAINING WITHOUT LIMITS

Group Personal Training Classes

*Unleash your potential with these amazing classes
designed to help you transform physically!*

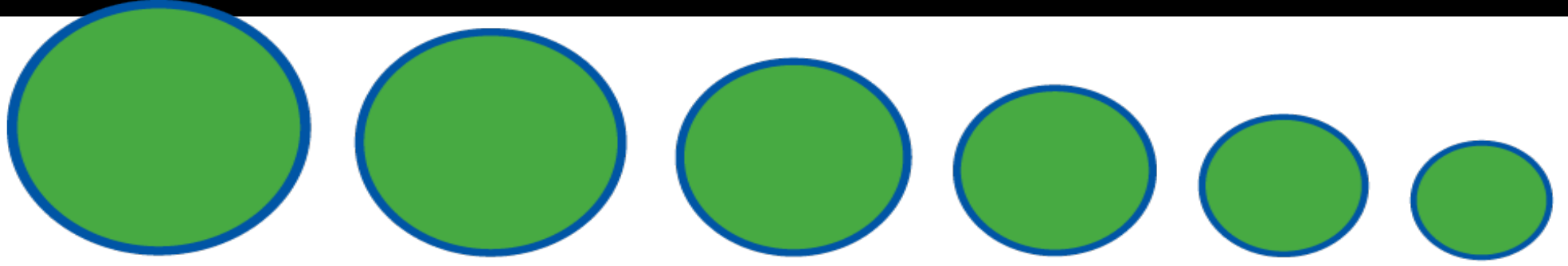
- Strong to the Core
Class #6471-2: TUE/THU (10 – 11 a.m.)
- Brand New You
Class #6472-2: TUE/THU (6 – 7 p.m.)
- Functional Training
Class #6473-2: MON/WED (6:30 – 7:30 p.m.)

Classes begin the week of OCT 10, 2011

Fee: \$83 (District Rate: \$67) 5 weeks

Details: 303-409-2263

FOOTHILLS PARK & RECREATION DISTRICT



Weigh and WIN

TEAM CHALLENGE

FALL FITNESS CHALLENGE FOR AGES 18 & UP OCT 5 – DEC 31, 2011

GET COMPETITIVE!

Increase your motivation to eat healthy and be active through social support and friendly competition.

Teams compete for the most **CUMULATIVE WEIGHT IMPROVEMENT** over 3 months: **OCT 5 – DEC 31, 2011**

Team members from the top 3 teams **EARN GREAT PRIZES!**

Join or create a team with **FRIENDS, FAMILY and/or CO-WORKERS** (4 – 10 people per team).

Enroll TODAY . . . it's FREE!
303-409-2114




Foothills
Park & Recreation District

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