

# SHOREVIEW PARKS & RECREATION PRESENTS:



## Description & Purpose

**Get Fit! Body Challenge** is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, & nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals.

The Spring **Get Fit! Body Challenge** takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!

**Informational meeting is:  
Mar. 29<sup>th</sup> @ 5:00 p.m**

## Prizes, Prizes, Prizes!!!!

The Body Challenger with the greatest improvements in body measurements will receive a **FREE!** registration to a fitness class & 2 **FREE!** personal training sessions!



# Spring 2012 Get Fit! Body Challenge

## Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer
- Pre and Post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

## Each week participants will receive:

- Analysis and feedback on exercise and nutrition logs
- Exercise recommendations from a personal trainer
- Suggestions and tips for improved nutrition habits
- Informative articles discussing exercise and nutrition principles

**When:**

(8 weeks)

**Rate:**

**April 2 - May 29**

**Activity:**

**\$349\***

**210239-01**

*\*Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

*Shoreview  
Community Center*

Questions and requests for additional information can be directed to 651-490-4768.

Tropics Waterpark  
& Fitness Center

