

FIT FOR LIFE

EXERCISE, NUTRITION, & WEIGHT-LOSS PROGRAM

Beginning January 30, 2017
Free 3 Month Gold Pass Plan Provided**

FREE

Adult Participant Qualifications

FREE

- Wythe or Bland County Resident
 - 18 years or older
 - BMI of 30 or greater
- Willing to commit to a 12 week exercise and nutrition program
 - Willing to attend morning exercise sessions on Monday and Wednesday at 10 a.m.
 - Willing to attend Nutrition Class on Tuesday at 10 a.m.
- Previous Fit for Life Graduates of 2015 or earlier are eligible to participate (Limited Spaces Available)

Application Meetings

Enrollment is limited to 30 participants. In order to apply you must attend one of the two application meetings at the Wytheville Community Center, 333 Community Boulevard, Wytheville, Virginia.

Call (276) 223-3378 for more information and to register.

Wednesday, January 11, 10 a.m. or Saturday, January 14, 10 a.m.



**Free Family Gold Pass plan unless you already have one. Bronze and Silver will be upgraded to gold for the 3 month period.