



AT THE LIFESTYLE CENTER

Session 1

January 3 - 26, 2017

Session 2

February 2 - 28, 2017

Tuesdays and Thursdays

@ 6:30 am Room "B"

- 2 weekly group training sessions with a Certified Personal Trainer
- Nutritional Counseling with a Registered Dietitian

***Bonus**

Ultrasound Body Fat Analysis **(\$25 value)**

Each Session

Only \$99

**Please register
in the Customer
Service Office**

The *Lifestyle*
Center
A Division of Kaweah Delta Health Care District

For more information, please contact 624-3450