

FREE

**** 3 MONTH FAMILY GOLD
PASS PLAN INCLUDED**



FIT FOR LIFE

***EXERCISE, NUTRITION &
WEIGHT-LOSS PROGRAM***



**APPLICATION
MEETING**

JANUARY 17

TIME: 10:00 A.M. | LOCATION: WYTHEVILLE RECREATION CENTER

QUALIFICATIONS



12-WEEK PROGRAM

- ✓ **Wythe or Bland County Resident**
- ✓ **Ages 18+**
- ✓ **BMI of 25 or Greater**
- ✓ **Exercise Class: Monday & Wednesday 10:00 - 11:00 A.M.**
- ✓ **Biweekly Nutrition Class: Tuesday 9:00 - 10:00 A.M.**
- ✓ **Start Date: February 5, 2024**



333 COMMUNITY BLVD. | (276) 223-3378 | REC.WYTHEVILLE.ORG