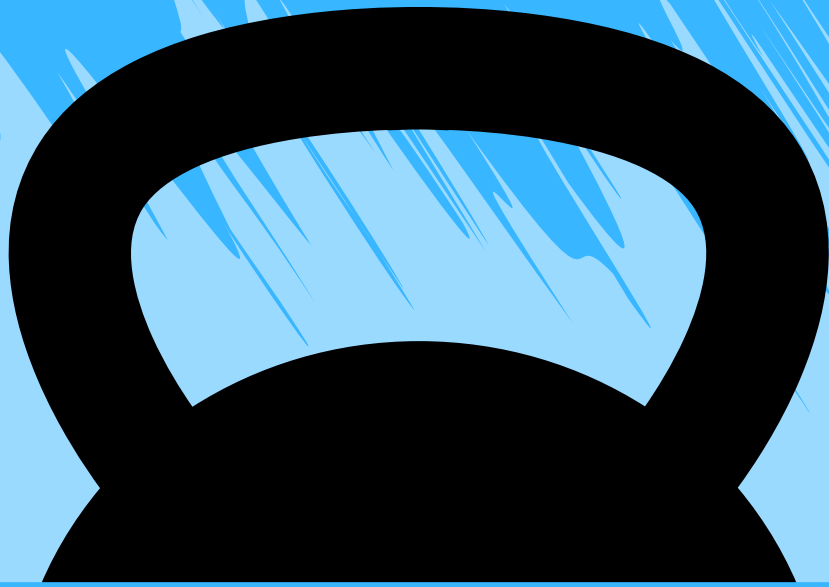


**FREE**

\*\* 3 MONTH FAMILY GOLD  
PASS PLAN INCLUDED



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**MAY 8**

**TIME: 6:00 P.M. | LOCATION: WYTHEVILLE RECREATION CENTER**

***QUALIFICATIONS***



***12-WEEK PROGRAM***

- ✓ **Wythe or Bland County Resident**
- ✓ **Ages 18+**
- ✓ **BMI of 25 or Greater**

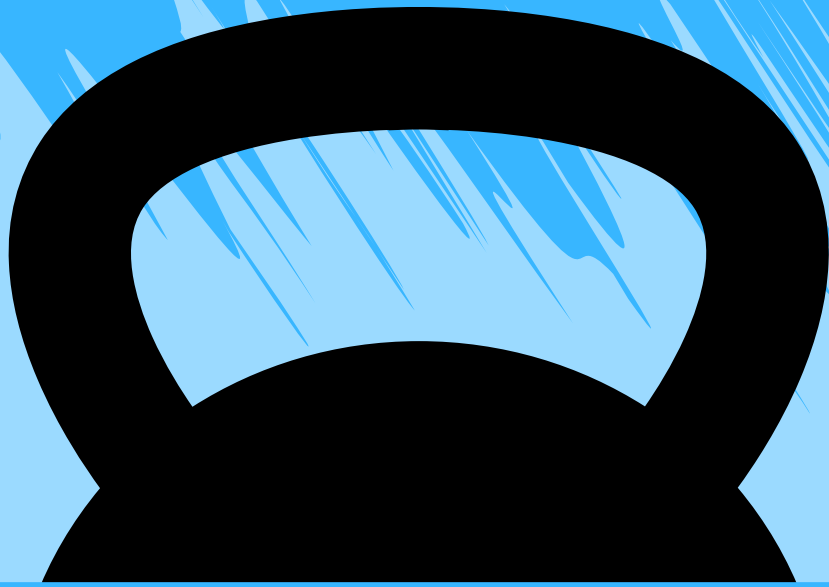
- ✓ **Exercise Class: Monday & Wednesday 5:30 P.M. - 6:30 P.M.**
- ✓ **Biweekly Nutrition Class: Tuesday 5:30 P.M. - 6:30 P.M.**
- ✓ **Start Date: June 10, 2024**



**333 COMMUNITY BLVD. | (276) 223-3378 | [REC.WYTHEVILLE.ORG](http://REC.WYTHEVILLE.ORG)**

**FREE**

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PASS PLAN INCLUDED



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**MAY 8**

**TIME: 6:00 P.M. | LOCATION: WYTHEVILLE RECREATION CENTER**

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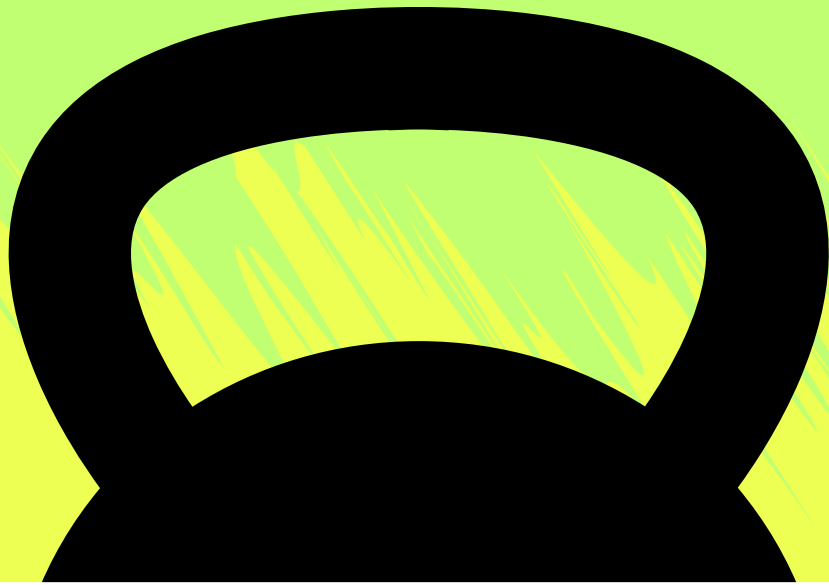
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- ✓ **Start Date: June 10, 2024**



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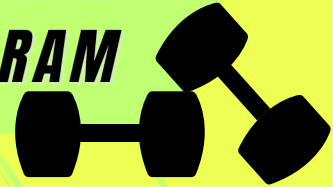
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# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**MAY 8**

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- ✓ **Start Date: June 10, 2024**



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**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**



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# ***FIT FOR LIFE***

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

## **IMPORTANT DATES TO REMEMBER**

**Medical Screening:** Friday, January 26

- **Time:** \_\_\_\_\_
- **Location:** Wytheville Recreation Center

**FIT3D Body Scan:** Friday, January 26

- **Time:** \_\_\_\_\_
- **Location:** Fitness Area
  - You will need to go to fit3d.com and create an account.
  - **Email:** \_\_\_\_\_ **Password:** \_\_\_\_\_
  - Please remember your email and password you created.
  - **Proper Scan Clothing and Attire:** Women: Hair on top of head in a bun, No Shoes and Socks, Form Fitting Clothing-Sports Bra, Spandex or Bathing Suit. Men: No Shirt, No Shoes or Socks, Form Fitting Clothing-Boxer Briefs or Compression Shorts.

**Membership/Access Cards**

- Saturday, February 3
- You may get your access card and start utilizing the facility.

**Program Start:** Monday, February 5

- All participants will meet in the gymnasium at 10:00 a.m. Please remember to wear closed toed athletic shoes.

**Class Schedule:**

**Exercise Classes:** Monday & Wednesday 10:00 a.m. – 11:00 a.m.

- Participants are required to attend group fitness classes per week.
- Location: Gymnasium

**Nutrition Class:** Tuesday 9:00 a.m. - 10:00 a.m. (Bi-weekly)

- Participants are required to attend nutrition classes.
- Location: Wytheville Recreation Center: MPR 3 & 2
- Dates: February 6, February 20, March 5, March 19, April 2, April 16

**Individual Exercise:** 1 hour of individual exercise required each week.




**FREE**

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



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**MAY 10**

**TIME: 6:00 P.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 5:30 - 6:30 P.M.**
- ✓ **Biweekly Nutrition Class: Tuesday 5:30 - 6:30 P.M.**
- ✓ **Start Date: June 12, 2023**



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**FREE**

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



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**MAY 10**

**TIME: 6:00 P.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 5:30 - 6:30 P.M.**
- ✓ **Biweekly Nutrition Class: Tuesday 5:30 - 6:30 P.M.**
- ✓ **Start Date: June 12, 2023**



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**FREE**

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



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**JANUARY 18**

**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 6, 2023**



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**FREE**

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



# ***FIT FOR LIFE***

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



**APPLICATION  
MEETING**

**JANUARY 18**

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

***QUALIFICATIONS***



***12-WEEK PROGRAM***

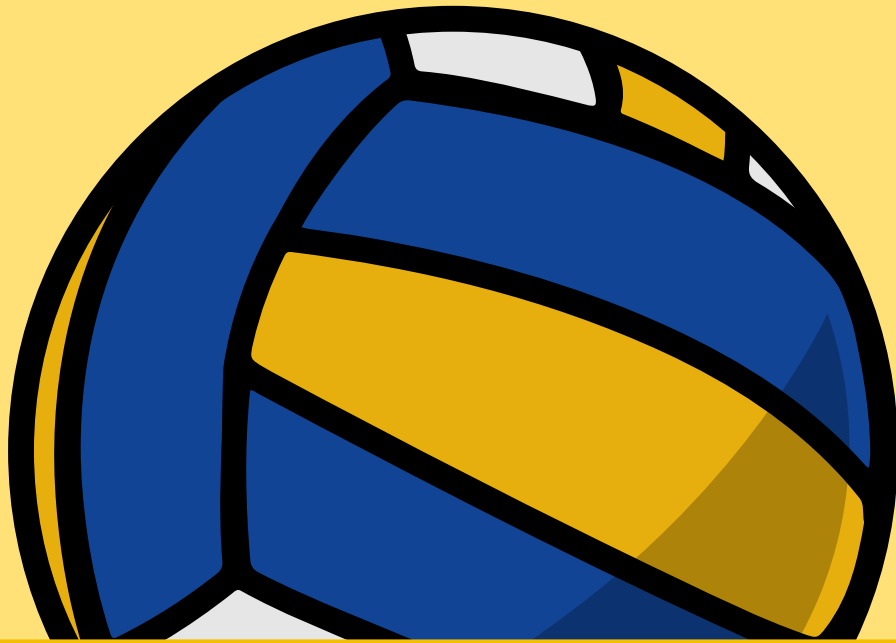
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- ✓ **Ages 18+**
- ✓ **BMI of 25 or Greater**
- ✓ **Exercise Class: Monday & Wednesday 10:00 - 11:00 A.M.**
- ✓ **Biweekly Nutrition Class: Tuesday 9:00 - 10:00 A.M.**
- ✓ **Start Date: February 6, 2023**



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

**YOUR LOGO**

  
Lorem Ipsum



***VOLLEYBALL***

***TOURNAMENT***

**JUNE 14**

**STARTS 8AM  
REGISTRATION : \$45**

**TIM A**

**VS**

**TIM B**

***SUMMER***

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec vel porttitor justo. Maecenas luctus, lectus nec semper dignissim, justo turpis bibendum lacus, eu tincidunt nulla justo vitae nisl.



Lorem Ipsum



Lorem Ipsum



## **IMPORTANT DATES TO REMEMBER:**

**Medical Screening:** Monday, January 30 or Tuesday, January 31

- **Time:** \_\_\_\_\_
- Location: Wytheville Community Center

**Medical Screening Review:** Tuesday, February 7 or Wednesday, February 8

- **Time:** \_\_\_\_\_
- Location: Wytheville Community Center

### **Membership/Access Cards**

- Saturday, February 4
- You may get your access card and start utilizing the facility.

### **Program Start: Monday, February 6**

- All participants will meet in the gymnasium at 10:00am. Please remember to wear closed toed athletic shoes.
- **Fit3D Body Scans will be conducted on Monday & Wednesday. Go to [fit3d.com](http://fit3d.com) to create username and password. Measurements will include Weight, Body Fat Percentage, Lean Mass, Fat Mass, Body Circumference Measurements, 3D Avatar, Comparison Overlay, Posture Analysis, Balance Assessment, Body Shape Rating and More!**

### **Class Schedule:**

**Exercise Classes:** Monday & Wednesday 10:00 a.m. – 11:00 a.m.

- Participants are required to attend group fitness classes per week.
- Location: Gymnasium

**Nutrition Class:** Tuesday 9:00 a.m. – 10:00 a.m. (Bi-weekly)

- Participants are required to attend nutrition classes.
- Location: Wytheville Community Center: MPR 3 & 2
- Dates: February 7; February 21; March 7; March 21; April 4; April 18

**Individual Exercise:** 1 hour of individual exercise required each week.



# SENIOR WELLNESS

## EXERCISE, NUTRITION & FALL PREVENTION PROGRAM

### IMPORTANT DATES TO REMEMBER

**Medical Screening:** Monday, May 22, Tuesday, May 23 or Friday, May 26

- **Time:** \_\_\_\_\_
- **Location:** Wytheville Recreation Center

### Membership/Access Cards

- Saturday, June 10
- You may get your access card and start utilizing the facility.

### Program Start: Monday, June 12

- All participants will meet in the gymnasium at 5:30pm. Please remember to wear closed toed athletic shoes.

### Class Schedule:

**Exercise Classes:** Monday & Wednesday 10:00 a.m. – 11:00 a.m.

- Participants are required to attend group fitness classes per week.
- Location: Gymnasium

**Nutrition Class:** 10:00 a.m. – 11:00 a.m. (Bi-weekly)

- Participants are required to attend nutrition classes.
- Location: Wytheville Recreation Center: MPR 3 & 2
- Dates: June 13; June 27; July 11; July 25; August 8; August 22

**\*\*Times & Dates are subject to change.**

### Contact Information:

**Brandon Wolford-Fitness Coordinator**  
(276) 223-3538  
brandonw@wytheville.org



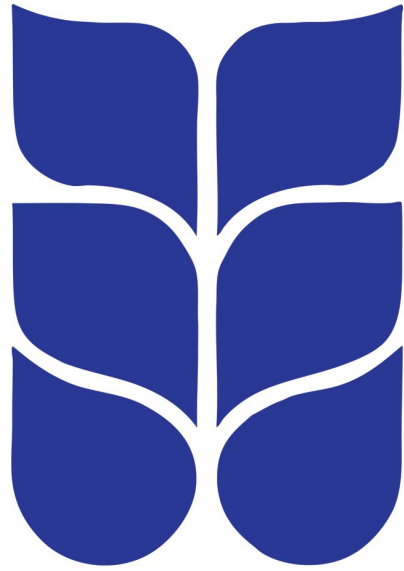


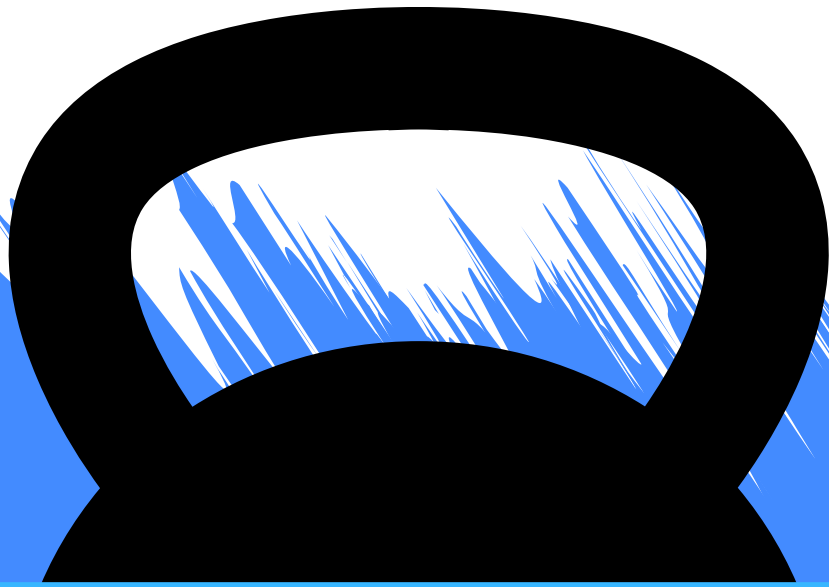
# ***FIT FOR LIFE***

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



**Wythe  
County  
Community  
Hospital**





# ***FIT FOR LIFE***

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

