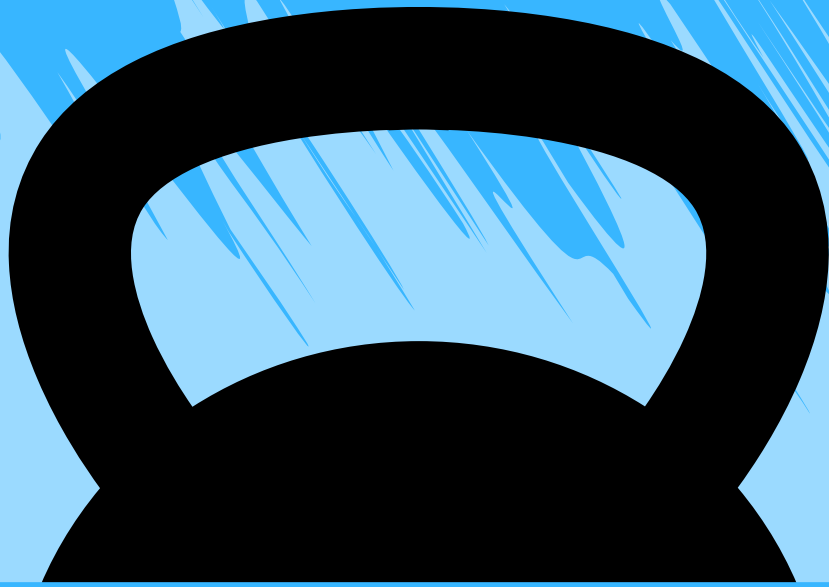


FREE

** 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