

FIT FOR LIFE

EXERCISE, NUTRITION & WEIGHT-LOSS PROGRAM

QUALIFICATIONS

- WYTHE OR BLAND COUNTY RESIDENT
- AGES 18+
- BMI OF 25 OR GREATER
- 12-WEEK EXERCISE & NUTRITION PROGRAM
EXERCISE CLASS: MONDAY & WEDNESDAY 5:30 P.M. - 6:30 P.M.
- NUTRITION CLASS: TUESDAY 5:30 P.M.-6:30 P.M.
- FIT FOR LIFE GRADUATE OF 2019 OR EARLIER ARE ELIGIBLE TO PARTICIPATE (LIMITED)
- START DATE: JUNE 14, 2021



APPLICATION MEETING REQUIREMENTS

- RESERVATIONS REQUIRED
- FACE COVERINGS REQUIRED
- LIMITED SPOTS AVAILABLE



APPLICATION MEETING: WEDNESDAY, MAY 12

TIME: 6:00 P.M. | LOCATION: WYTHEVILLE MEETING CENTER

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