

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**



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