

## Winnipeg's Biggest Loser Fatloss camp

Cost: \$295 + 5% gst / person

Times: Monday / Wednesday at 7:15pm Friday at 6pm

Camp highlights:

- High intensity fatloss circuits
- Nutritional package included
  - Enhance muscle tone
- Decrease overall body fat %age
  - Fun and unique circuits
- KBs, cardio training, strength, fat loss
- Enhance flexibility and minimize injuries
- Get rid of that unwanted holiday weight
  - Spots limited
  - teams of 2
  - prizes for the winning team
  - 10 week program (2 free weeks holiday bonus)

Program starts Jan 16, 2012

**Early Bird Registration due date: Dec 31st, 2011**

**Registration Due date: Jan 13<sup>th</sup>, 2012**