

12 week Nutrition & Educational Support Program

We all have 1 thing in common....WE EAT FOOD
Do you need help knowing how to eat & be healthy



You are invited to attend Overview & Orientation Free!

August 9th 9 am

REGISTER NOW

August 9th 9 pm

REGISTER NOW

September 13th 9 am

REGISTER NOW

September 13th 9 pm

REGISTER NOW

Registration form:
(click document)



Class begins Monday September 20th

Fitness Center Members & Early Bird Non-Members just
\$100

for the full 12 weeks

Late Registration is **\$180.00** after **Sept. 13th.**

Coming Soon: TLS Shape Up Program for ages 10-17 yrs old (6 weeks program)

Diet & Digestion 1 hour class at the gym

Ladies Power Hour

IT'S NOT A DIET.... IT'S AN EDUCATION SUPPORT
COURSE TO HELP YOU LEARN

- Learn the difference between Lifestyle & Diet
- Find out some of the food industries "dirty little secrets"
- Maintain maximum energy levels throughout the day
- Understand how to Burn Fat the right way & keep it OFF
- What foods are the right foods for you – Grains, Gluten & Your Health.... everyone is different
- Finding Wellness by strategically targeting Body Composition
- A little exercise can go a long way & HOW TO fit it into your schedule
- Food & Nutrition Education is The key to great metabolism