

It's **FIT U** at



Fit U is a weight loss management class designed for you!

10 weeks for \$75 per person



Receive your personalized training and tools for weight loss management success from CRHC Dietitian Melisa Baier.

It's as easy as...

1.

Initial height, weight, body fat and waist measurement

2.

Personalized weight management plan

3.

Weekly 30 minute session (weigh-in, topic of the week)

4.

Final weight, body fat, & waist measurement

New Time! Tuesdays 6:15—6:45 p.m. starting May 7th.
Tuesdays 4:00—4:30 p.m. still available.

Contact Melisa Baier at 542-8303 for more information or to register.