



your amazing body challenge II



10-week body transformation incentive program!

targeted areas for change:

- Circumference (*measure weeks 1 & 10*)
- Body Fat (*measure weeks 1 & 10*)
- Weight Loss (*weekly weigh-in's*)

Tell your friends

U could win CASH \$

\$300 CASH grand prize
\$150 CASH runner up

Prize giveaways at speaker sessions!

call 810.762.3441

visit FlintRec.com

for more information



dates January 11 - March 22, 2010

cost \$179 non-members
\$149 students/members
\$129 returning participants
(50% due @ registration with remaining balance due January 29)

reg by Friday, January 11, 2010

program support includes...

- Boot Camp Style Training Sessions:
MTF - 7 a.m. ♦ Th - 6 p.m. ♦ Sat - 12 noon
- Team of Experts:
5 sessions: every other Monday @ 7 p.m.
(Nutritionist, Physical Therapist, Physician, Pharmacist, etc.)

students • faculty/staff • rec members • students • community • rec members