

Get **FIT** **THIS WINTER**

Weight Loss Program and/or Walking/Run Program

JANUARY 8 – MAY 7

CCCC MEMBER \$25

CCCC NONMEMBER \$90

Not a Member? *We have a Special for You!*
Sign up NOW and receive a 2018 membership at ½ price*

Taking Registrations through January 8, 2018

Health, Diet, & Exercise Tips

Weekly Weigh-In & Miles Recorded

Planned Activities throughout the Program

Prizes for Weight Loss and Miles Walked/Run

Personal Trainer Available

****FREE Personal Training session to all who register in December***

FREE Classes available

Informational Meeting - January 8, 2018 at 6 pm

***Discount applies to Adult & Family Memberships Only**

***Must actively participate in the Get Fit program**