

8-WEEK

Body Transformation Challenge

Get a jump-start to living a healthy way of life! With an initial assessment, weekly support, motivation, and a new workout every week you will be on your way to living a healthier lifestyle.

This 8-week program includes attendance at 1 group workout per week, 2 group nutrition classes, and 4 half hour personal training, health coaching or nutrition sessions spread throughout the 8-week program.



SLIM DOWN



SHAPE-UP



CHALLENGE
ACCEPTED!

Thursday	1/14 - 3/3	7:00PM-8:00PM	\$149/169	210212-A
Saturday	2/13 - 4/2	12:30PM-1:30PM	\$149/169	210212-B

*dates and times are for group workouts. **1 on 1 sessions will be scheduled.

For more information, contact Chad Lindstrom,
Fitness Supervisor, at 847-285-5401 or clindstrom@heparks.org.



PRAIRIE STONE
SPORTS & WELLNESS CENTER