



7 FLAGS WOMEN'S LIFE CHANGING 20/20 PROGRAM CAN HELP YOU



***Guided nutritional support
Goal setting
Program design
Friendly Competitions
Group support
Motivation***

**THIS PROGRAM IS DESIGNED TO HELP YOU LOSE 20LBS IN 20 WEEKS
AS A TEAM WE CAN DO IT TOGETHER!**

FIRST 10 WEEK STARTS- MARCH 23rd

MON-FRI	5:45 AM 6:30 AM 10:00 AM-11:45 AM	5:30PM-6:15PM	Pick a time or request a different time. We have a list of members waiting for other times.
SATURDAY - Group Programs forming.	10:00-10:45 AM		

\$250 members, \$300 non-members for each 10 week session

Contact Holly Lewis At 515-249-4095 or email hlewis@7flags.com