



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



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

EACH NEW SESSION STARTS ON THE FIRST MONDAY OF EACH MONTH and/or SATURDAY

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 Programs forming.	10:00-10:45 AM		

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

Contact Holly Lewis at hlewis@7flags.com

278-8888 EXT 726

7 FLAGS HEALTH & FITNESS CLUB

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