



Biggest

~~Loser~~

WINNERS

Commit to Get Fit in



**10-week Weight Loss Program
Led by Certified Personal Trainers**

***Change Your Body,
Change Your Life
Jan. 16 – Mar. 20***

The Rec's

Biggest Winners Program

Are you motivated to lose weight but not sure where to start? Do you know you have to make a change, but lack the tools and resources necessary to actually do it?

Biggest Winners is for you!!

Some details about our trainer-led 10-week weight loss program:

Where: All group training and nutrition sessions will take place at the Ephrata Rec Center.

When: Sat. Jan. 16 - Sat. March 20

Cost:

Member: \$299

Previous Program Member: \$274

NON-Member: \$374

Previous Prog. Non-Member: \$360

Includes:

- Complete body composition analysis week 1, week 10; including before and after photos.
- Customized Nutritional guidelines
- Gym membership for the duration of the 10 weeks
- FREE online food logging account: www.myfitnesspal.com
- 2 group personal training sessions per week for 10 weeks
- Access to a personal trainer for consultations throughout the 10 weeks
- FREE group fitness classes for duration of program!

Program Components:

Individual participants will be assigned to a team. Each team will be led by one of our nationally-certified Personal Trainers. Due to the nature of this program, teams are limited to a size of 8 to 10 members. Positions on the teams will be given out on a first come, first-served basis. Each participant will be required to meet exercise and nutrition commitments. Weekly results will be e-mailed internally and will include team rankings, as well as individual results.

Exercise and Nutrition Commitments:

- Teams will meet twice per week with their trainer and team for their workout. Participants will also be given exercise homework assignments to be completed between team training sessions.
- Each participant will be given customized nutritional guidelines with in their BW handbook and be asked to keep a food log of everything they eat. This will include a daily tally of calories, carbohydrates, protein, fat, sodium, and fiber. Trainers will then provide support and feedback.
- Team members will weigh in together as a team each week on the second training session of the week.

Getting Started:

Prior to beginning the program each participant will need to complete an exercise and health history questionnaire and in some cases, may be asked to get their physician's clearance.

Your Body Achieves What Your Mind Believes!

Participation in the BW Program includes:

- Use of **more than 42,000 sq feet** of facility and over **100 operating hours per week!**
- **State of the art facilities:**

Indoor Pool

Gymnasium

Wellness Center Featuring:

-Cybex Elliptical

-ARC trainers

-Row machine

-Stationary Bikes

-Recumbent Bikes

-Weight Lifting Equipment

-Strength Training Circuit

-Aerobic Studio

-Group Cycling Studio

-*Cardiovision* Equipped Cardio Studio

-Steam Room

-Sauna

**All materials needed to get you started with
an 10-week membership to the
Ephrata Rec Center**

**Any Questions, Contact Maria Rotella,
Program Administrator**

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