



It's
Back!

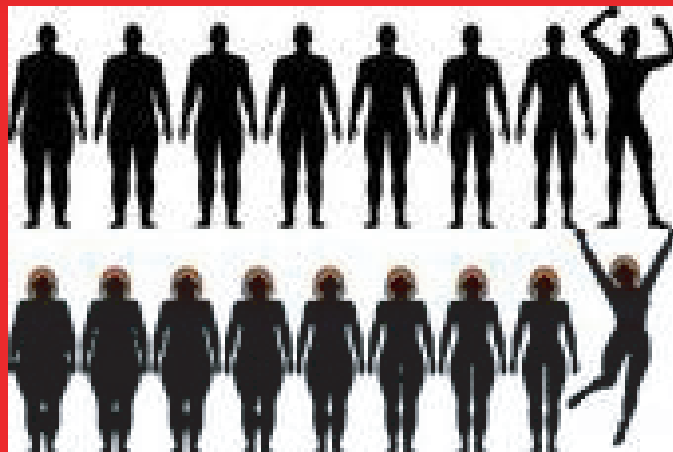
Join
us!!

LOSIN' IT IN LITITZ!!!

Fitness Challenge

Learn to make a permanent Lifestyle Change.

Participants receive fitness and nutritional counseling. Learn how to change your eating habits with our program!!



Prizes will be awarded to the **top team** and the **top individual** who loses the highest percentage of body weight.

Sign-up now! Space is Limited.

Program runs April 1st through May 27th

Call or stop in for details * 105 Warwick St. * Lititz * 717-6270038 * www.timsfitnesscenter.com *