



Weight Management Program – Hurry, starts next week!

Back by popular demand! This program is designed to teach you how to live a healthier lifestyle. Learn from our extensive panel of experts how to start an exercise program, improve your nutrition, and understand proper portion sizes and so much more!

Meetings are Wednesday mornings, starting this Wednesday, August 25th, ending November 17. Cost is \$99 if joining as an individual or \$130 to be on a team. Join with your friends and neighbors and form your own team for extra support and motivation. ***Register at the Texas Drive Fitness Center before Wednesday!***

