



# Loveland Athletic Club New Year Body Transformation Classes

## Reserve Your Spot | Classes Start Jan 15 | Pre Class Meet Jan 13

www.lovelandathleticclub.com | 970-663-4009 | LovelandAthleticClub@Yahoo.com



Classes Begin Jan 15 | 4 Classes/wk 1 hr Each  
Starter Nutrition Session Jan 13 | 1 hr

## WEIGHT LOSS CHALLENGE | 6 WKS

6 week weight loss challenge | HIIT/CARDIO style workouts with nutritional guidance throughout the program to maximize your individual Outcomes



### INSTRUCTORS

Jay Watterson | Dalton Ervin  
35 yrs combined Experience



BODY TRANSFORMATION CLASS ROOM

5 STAR

### NEW CLASS

ACT QUICKLY | CLASS SIZE IS LIMITED TO 20 PARTICIPANTS | THE FIRST 10 SIGN UPS WILL RECEIVE A 10% DISCOUNT OFF OUR STANDARD CLASS RATE | CALL US 970-663-4009 ASK FOR JAY OR DALTON

There will be Morning and Evening Class Options available Including Saturday

### WHEN DO WE START?

**CLASSES START JANUARY 15**

On Saturday January 13 we will hold the first nutrition seminar to review Foods and Drinks that have the most impacts on weight loss. At the seminar you will meet your instructors and we will speak about correct diet and supplement programs that will help meet your goals. Weight Loss is a combination of Exercise & Nutrition



Classes Begin Jan 15  
4 / 1 hr Class Each Week

### LAC NEW LOOK UNDERWAY

1000 S. LINCOLN AVENUE | LOVELAND | CO 80537



### NUTRITION SEMINARS

We are dedicated to your success and will be holding pre class nutrition seminar to provide crucial information needed for Your Body Transformation Class Success



Pre Class Nutrition Session with Instructors Jan 13 10 am



### FIRST CLASS TREATMENT

Each day begins with workout and nutrition assessments along side your instructor. Check in meetings and seminars are required for your success.



60 minute workouts  
Attendance of 4x a week is required for optimal results!

24 workouts in 6 weeks

CLASSES PRICED AT \$20 PER SESSION