

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



NEW CLASS

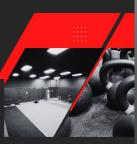
ACT QUICKLY | CLASS SIZE IS LIMITED TO 20 PARTICIPANTS | THE FIRST 10 SIGN UPS WILL RECEIVE A 10% DISCOUT OFF OUR STANDARD CLASS RATE | CALL US 970-663-4009 Ask FOR JAY OR DALTON

There will be Morning and Evening
Class Options available Including Saturday

WHEN DO WE START?

CLASSES STARTJANUARY 19

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





