


7984 S. Welby Park Dr. #102, West Jordan, UT 84088 * 801-282-1330 * awgym.com

Biggest Loser / Biggest Winner

- What is it? A contest just for you and against only yourself!
- Why? To lose weight, to get in shape, to gain strength and flexibility, to meet new people, and to have some fun!!
- Where? At Academy West
- When? Starts June 1st, 2010
- How much? Only \$20 a month
- What do I get: Unlimited adult classes offered at Academy West. See below.
- What's the catch? You have to weigh in once a week between 4 – 7 pm Mon – Fri. Keep track of your progress.
- Who wins?  Everyone who has had a positive outcome to your goals wins a pool party and bbq in Aug. Come show off your new positive changes!! Date and time will be announced later.

Classes:	Mon	8 – 9 pm	Zumba
	Tue	8 – 9 pm	Strength and Flexibility Training
	Wed	8 – 9 pm	Zumba or Tumbling
	Thur	8 – 9 pm	Dance – all dance styles
	Fri	6 – 7 pm	Boot Camp

You've heard about it, researched it online, or you know someone who's done it and lost a ton of weight. It's HCG and we now have it at Academy West!!

