

SRC FitStart is BACK!

Reach your health and wellness goals with our SRC FitStart program! Our staff will help you set goals and get you on the path to achieving them! This 5 week program will include the following:

30 Day Membership (for nonmembers)

5 Personal Training Sessions

5 Group Nutrition Workshops

2 Weekly Wellness Meetings

2 Individual Health Coaching Sessions

Weekly Challenges with Prizes

FREE t-shirt, bag, and FitStart Progress Binder

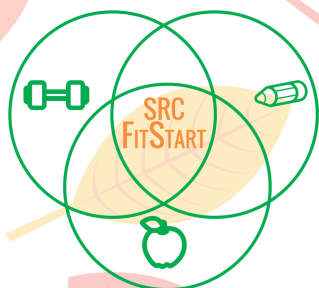
GRAND PRIZES for most weight and body fat % lost

Attend workshops, meetings, and complete challenges to earn SRC FitStart Points! Top point earner wins a GRAND PRIZE!

SRC Member \$159

SRC Non-Member \$199

SRC FitStart Alumni \$169



FITNESS | NUTRITION | KNOWLEDGE

Sachs Recreation Center

The Fall Session begins October 9! Call Jennie Michalik at 847.572.2668 or visit the Sachs Recreation Center to sign up today!