

San Diego Central Library @ Joan Λ Irwin Jacobs Common

Lose it @ the Library!

body fat percentage! Winning team members will receive a prize.

4 certified personal trainers

12 week free program

 Personalized nutrition guidelines

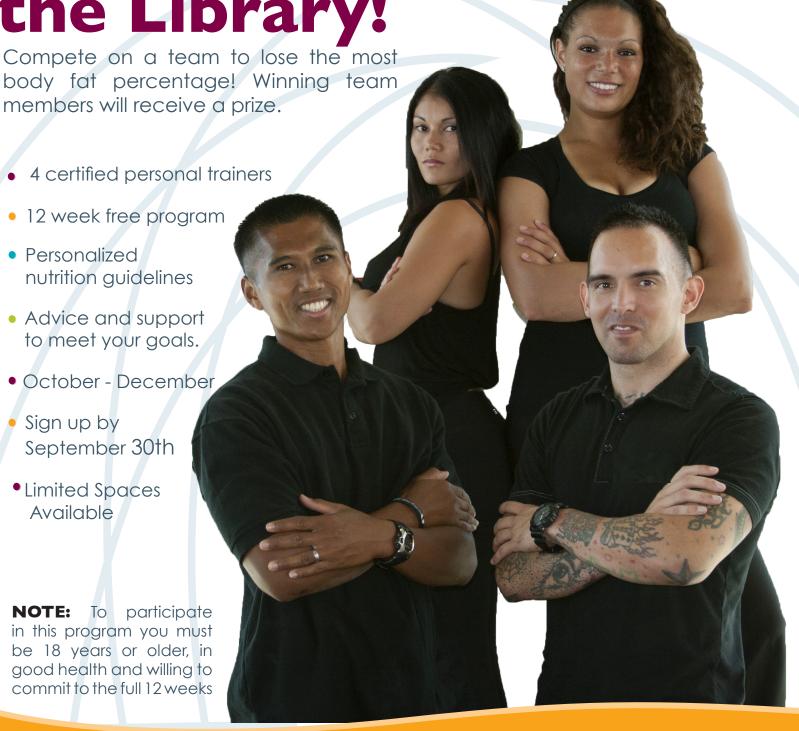
 Advice and support to meet your goals.

• October - December

Sign up by September 30th

Limited Spaces Available

NOTE: To participate in this program you must be 18 years or older, in good health and willing to commit to the full 12 weeks



Sign up here:

http://loseitatthelibrary.eventbrite.com