



San Diego Central Library @ Joan A Irwin Jacobs Common

Lose it @ the Library!

Compete on a team to lose the most 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>