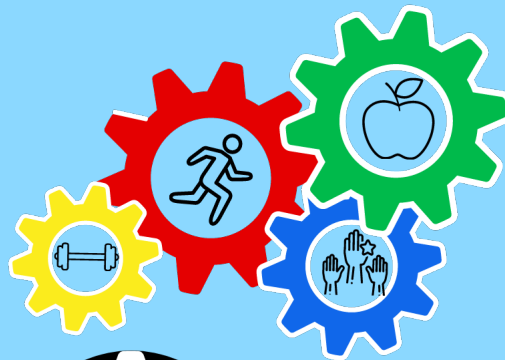


RC Fit Factory



**6 Week
Weight Loss
Program
Session 4**



On average our
members LOST



-7 POUNDS
-9.7 INCHES
-2.9% BODY FAT



3 steps to YOUR Weight Loss Success



Join the program for accountability,
education & motivation



Get personalized nutrition goals



Complete the in-person and
individual workouts each week

1 Cycle Bootcamp/week
to burn MAXIMUM calories
2 TRX Bootcamp/week to
build strength & endurance

October 4- November 11

Monday/Wednesday/Thursday

9:30-10:15 AM

12:30-1:15 PM

3:30-4:15 PM

4:30-5:15 PM

LIMITED to 7 participants/class

Who is this program for?

Any fitness level looking to be held
accountable to lose weight and body fat, get
stronger and break through plateaus.

Program Fee: \$210

+ \$60 MyZone strap required

Sign up deadline: September 26

Register at the front desk, App or call 295-2552



Collins Aerospace

REC CENTER