

**We Challenge You to Become One of “The Biggest Losers” of
THE LOCAL AUSTIN AREA!**

CHALLENGE LOCATIONS AND CLASS TIMES

QUARRIES LOCATION

The CLC @ the Quarries

(11400 N Mopac Expy-Just N. of Braker on Mopac)

WEDNESDAYS

Beginning—**June 30, 2010**

Morning Class 9:30 AM-10:30 AM

(Childcare Available for Morning Classes through the CLC -- \$3/Day/Child for NON-CLC Members)

THURSDAYS

Beginning—**July 1, 2010**

Evening Class 5:30 PM-6:30 PM

***Other Class days & times may become available – call to inquire.**

***Since success is so high in these competitions....**

seats fill up FAST – call to save your spot.

We are considering an evening class based on interest and demand – please let us know if you need an evening class to be able to join the challenge!

Cash prizes will be awarded to the participants who have lost the biggest percentage of weightso every one has a chance to WIN.

The 12-week program advises proper nutrition, food choices, and encourages exercise.

Each person will receive personalized weekly, one-on-one coaching, free nutritional information, and free metabolism testing.

The cost is \$35 for the 12 week program.

All money will be paid out in cash and prizes to the top three participants who have lost the biggest percentage of weight in the 12 weeks.

Each week participants will weigh-in and consult with the coaches, who will help you along the way, offering various options to help reach your ideal weight and body composition.

The program encourages participants to eat a healthy level of protein and calories each day and teaches the benefits of good nutrition and exercise.

**To Pre-Register.....or for more Information about the
Weight Loss Challenge....**

HEAD COACH--Diana Lindsey

Voicemail: 888-804-6491

Email: ChangeURLife2@aol.com