



Edge Fitness Center

2217 Commerce Road
Forest Hill, MD. 21050
410-893-4153
www.edgefitnesscenter.net

6-weeks of Healthier Living

Nov. 1, - Dec. 6, 2008

Saturdays

(2 CLASSES AVAILABLE)

7:30-9:00 a.m.

8:30-10:00 a.m.

Class Structure:

Initial Body Composition, Waist-Hip-Ratio & Weight, Follow up results- the last class.

60 MINUTES OF FITNESS: Learn how to exercise more efficiently, to help you reach your personal fitness goals and maintain a healthier lifestyle.

30 MINUTES OF LIFESTYLE & WEIGHT CONSULTATION: Find out the proper amount of calories you need to consume, to create an energy balance that will help you feel and look better. Also, weekly discussions on healthy eating habits.

Cost:

\$90.00 (\$15.00 per class) for members. Classes are limited to 10 people.

\$150.00 (\$25.00) for non-members.

Must commit to 6 weeks & payment is due before Nov. 1, 2008.

Contact Barb Maiolatesi, CPT, LWMC for more information.

410 893-4153.