

New Year's Healthy Lifestyle Kickoff!

Saturday January 28, 2012

10:30 am - 12:00 pm

Jump start your weight loss and fitness resolution!

- Practice effective exercises
- Learn healthy living tips
- Sample healthy recipes

Free Program

Donations Welcome



Maryann LeMaster was involved with season 10 of the Biggest Loser and has lost a total of 78 lbs. to date using the exercises and techniques she learned. During this program, she will be accompanied by her personal trainer who will demonstrate proper exercise technique and forms.



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