



WEIGHT LOSS PROGRAM

A 4-week intensive, small-group program designed to get you moving AND losing!

More than just a ride—you'll get specific weight loss advice, consultations by experts, program materials for you to use and keep—this is way beyond the usual “eat less, exercise more” prescription!

KC Wilder, certified Spinning instructor and cycling coach will lead you through 4 weeks of riding, learning, and weight loss.

The Spinning Weight Loss Program will teach you life-long lessons about how to diet and exercise. This progressive program combines the camaraderie of a small-group with the calorie-burn of a Spinning workout. While being guided through your journey to a healthier life you will receive a week-by-week manual and daily log book, as well as continuous coaching and support from a certified Spinning® instructor.

To track your progress, pre- and post-program body fat and circumference measurements are included. Each session will contain a question and answer segment, including a variety of topics and guest speakers, with a Spinning® workout to follow. This class is great for anyone wanting to improve their diet/exercise program, novice exercisers, those new to Spinning, or anyone who wants to track their progress!

**Tuesdays and Thursdays
10:30-11:45am - starts March 16**

4-week program price:

Members: \$149

Nonmembers: \$179

Price includes training guide and personal journal (\$40 value)



Did You Know?

Working out with a “buddy” increases your motivation, commitment, & helps you achieve your goals more easily while having fun!

MEMBERS - bring a nonmember “buddy” for the member price!