

Jump Start Your Weight Loss



Designed for people looking to lose 20+ lbs*, this 8 week workshop will give you the **jumpstart you need**. By working with a certified personal trainer and a nutrition/lifestyle coach you will receive both the fitness and personalized nutritional guidance necessary for lifestyle changes that will ultimately lead to weight loss. **The 20lb weight loss may not all happen within the 8 week program.*

MONDAY/WEDNESDAY OPTION - with Nadia Alashoush

January 21 - March 13 (8 weeks); 8:30 - 9:30am

The workouts will consist of full body, functional workouts including cardio, strength training, and mobility exercises. There will also be a presentation on proper nutrition for weight loss, as well as nutritional support from our nutrition coach throughout the 8 weeks.

TUESDAY OPTION - with Chris Hund

January 22 - March 12 (8 weeks); 7:30 - 8:30pm

The workouts will consist of 1 guided class per week of full body, functional workouts including cardio, strength training, and mobility exercises, plus workouts you can do at home or on your own. Proper nutrition for weight loss will be provided by our nutrition coach throughout the 8 weeks, as well as personalized, online nutritional support using the MyFitnessPal app .

Price per session: \$199/member & \$209/guest

Call Cornerstone Warrington at 215.918.5900 for more information or to register.

CORNERSTONE Clubs