



# COMMIT TO BE FIT

## 6 WEEK Weight-loss & Exercise Challenge

JANUARY 31 – MARCH 7

**Motivation & Support to Meet your Goals!**

### PARTICIPANTS WILL RECEIVE

- ✓ A 6-week comprehensive program with a Certified Personal Trainer
- ✓ The chance to win group & individual prizes, including a BIG TICKET ITEM!
- ✓ A FREE body composition assessment

**SIGN UP TODAY!**

**RESIDENTS: \$130**

**Deadline: January, 28**

*Prizes are awarded based on highest percentage of body weight lost.  
Participants must be ages 16+.*

**The Club at Travisso**  
2437 Travisso Parkway | Leander, TX 78641  
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