

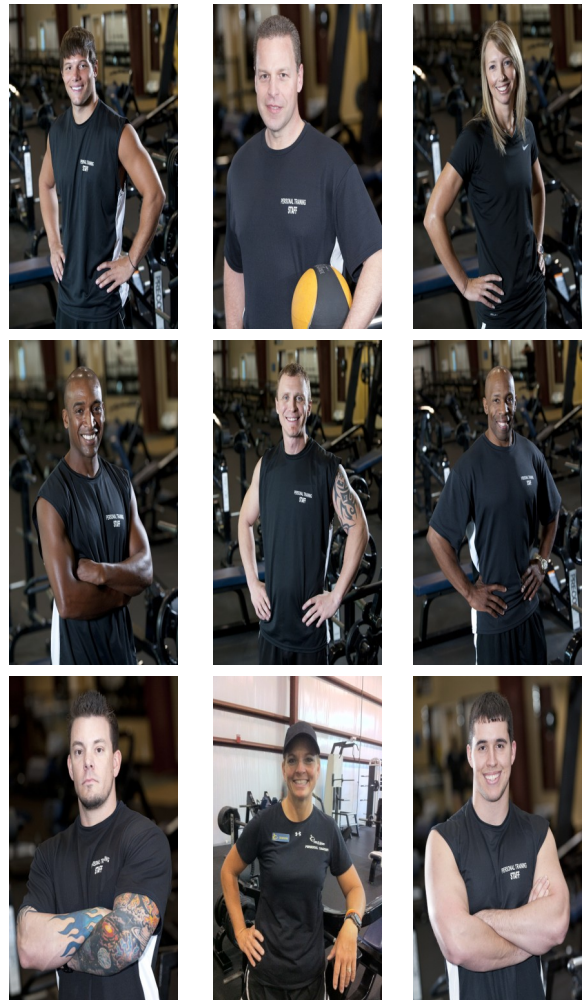
Shape Up the Coast



Shape Up The Coast season IV is going to be bigger and better than ever...

Ever wish you could be on NBC's *Biggest Loser* with Bob? Shape Up The Coast is the next best thing!

- * **6 week weight loss challenge**
- * **12 motivational workouts with your team's assigned personal trainer**
- * **Nutrition counseling**
- * **Prizes for top male, top female and top team that lose the largest percentage of bodyweight**
- * **Resolve your resolution this year for good!**



\$69 for members
\$119 for non-members



Jan. 16th thru Feb. 27th
Registration dead-line
Is January 13th
Pay at e-Fitness' Front Desk

Sponsored By:

Scott Breazeale, D.M.D.
Cosmetic & Neuromuscular Dentistry