



# Get Fit!

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**Get Fit!** is an exciting concept for achieving your fitness and weight loss goals. It combines a supervised exercise class, that utilizes the principles of circuit and interval training, with the expertise of a Registered Dietitian to help you make healthy food choices, plus a Wellness Counselor to help you deal with stress and the emotional barriers to achieving your goals. This class uses cardio, strength training, core work and fun to give you the most time-efficient and comprehensive workout possible.

## **The Program:**

- Two (2) one-hour meetings with a Registered Dietitian
- One (1) one-hour meeting with a Wellness Counselor
- One (1) one-hour pre and post assessment
- Ten weeks of three (3) 1.5-hour group exercise circuit classes per week
- Two (2) instructors in every class
- Weekly education and support group
- Includes exercise membership (free use of facility during selected hours)

## **When:**

Mondays & Wednesdays 5:00-6:30 PM and Saturdays 10:15-11:45 AM  
OR

Tuesdays & Thursdays 10:00-11:30 AM and Saturdays 10:15-11:45 AM  
Exercise Classes will begin Monday, June 7 and Tuesday, June 8

## **Where:** Meriter's Wellness Center

2501 West Beltline Highway, Suite 207

**How Much:** \$349 (Eligible for Physicians Plus' \$100-\$200 Good Health Bonus)

**How to Sign-Up:** Please call 417-6102 between 7:30 AM and 4:00 PM to sign-up and schedule your initial assessment, orientation, and first appointment with the dietitian. You are welcome to stop by for a visit before signing up.

Contact Information:

Phone: 417-6102

Fax: 417-5770

