



# I Lost it at... Court House Plus!



**The Importance of Strength Training in your Fitness Routine.**

Get a jumpstart on the New Year with this fantastic weight-loss program. Exercise can be fun when you have goals and challenges! Weigh-in January 25th- 31st, pick up your Program Card on February 1st, complete all the activities on the card, and weigh-out March 29th - April 4th. Participants that complete all the activities and lose weight will be entered into a raffle for one of three fantastic prizes!



***Weigh in... January 25th - 31st, 2010***

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***Weigh out... March 29th - April 4th, 2010***

*Program is free to all members! Register at the Front Desk!*

**COURT HOUSE PLUS**  
***Fitness & Wellness Center***