

November 5th – December 18th

6 classes offered a week (M/W noon, T/Th 5:45am, T/Th 6pm)

> Before and after body scan assessment **Nutrition** guidance T-shirt

Optional Thanksgiving day boot camp Challenge prizes at the end The person who loses the most overall inches wins!

Come for the fun, workouts, results and establish healthy exercise and nutrition habits for the holiday season!

Cost: \$75 (\$50 for any current GreatFIT participant) Please contact Briana Kolbo at

Briana.kolbo@joingreatlife.com to sign up. Registration due by Monday, November 5th at noon.



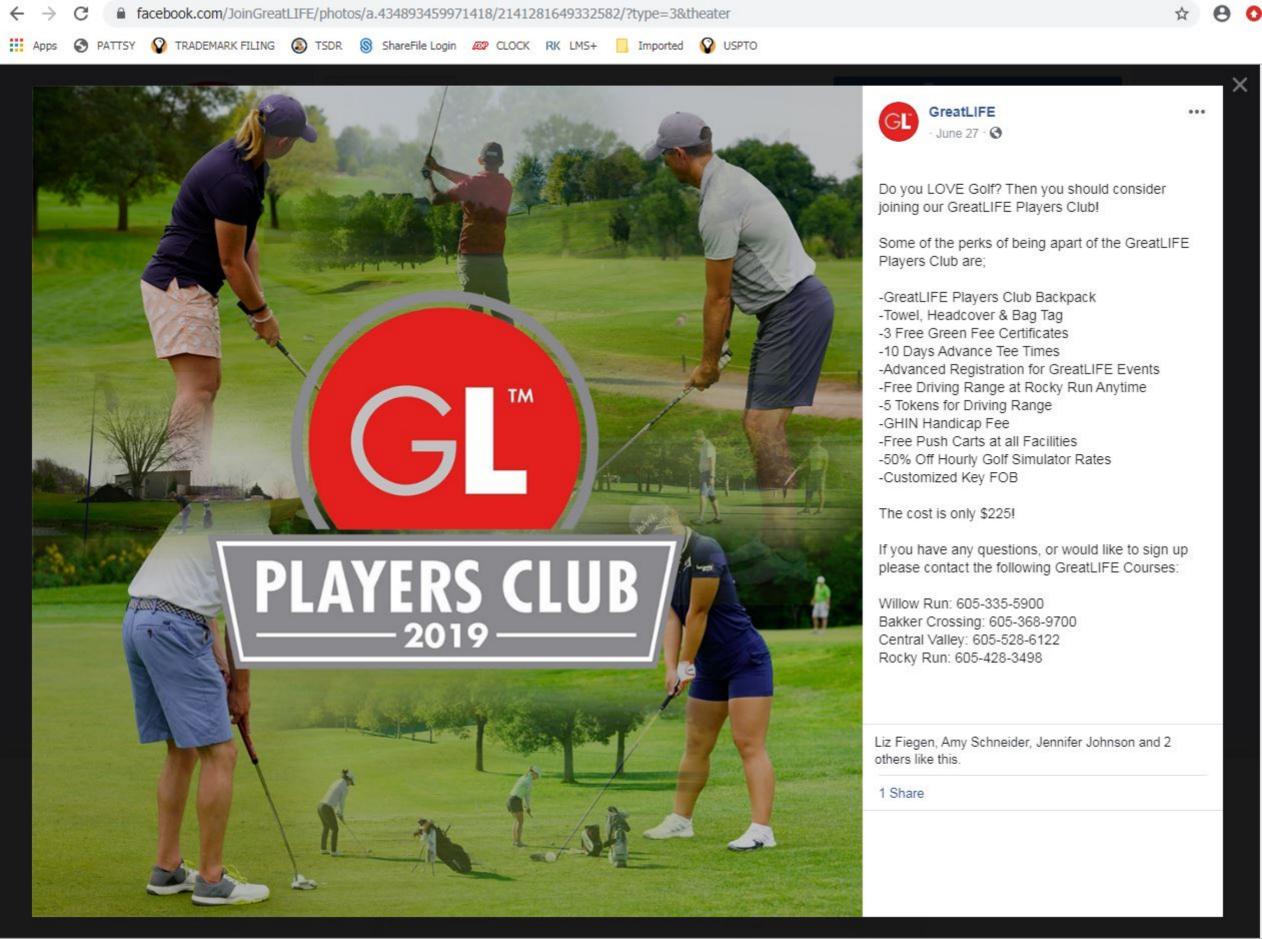




GreatLIFE

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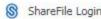






GreatFIT

CHALLENGE!















Sign up at the Front Desk or Via Email

JOIN THE CHALLENGE

COST: \$99/member \$129/non-member

INCLUDES:

- Weekly Workouts Push yourself alongside your teammates.
- Weigh-ins Weekly private weigh ins with your coach and results announced based on percentages.
- Nutrition Guide Learn how to eat healthier for long-term results with food you enjoy.
- Email challenges and tips -Weekly challenges will get you moving and keep you accountable in and out of the gym
- Free T-shirt Fitness is always in style.



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September 4, 2018 · 3

Coming up September 17, we have our next GreatFIT Challenge!

The GreatFIT Challenge is a 6-week fitness challenge with a special focus on weight loss! The program is meant to help YOU get into an exercise routine and learn how to sustain a healthy lifestyle long-term! The program will be available at Woodlake, Performance Center, 39th & Phillips, Willow Run, 41st & Sertoma, Career Crossing, and ... See More

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Sarah Ihnen Ashley Marie



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FAMILY FUN CENTER



We are looking for help starting mid-August at Suburban Lanes! Some positions that are available are front desk staff, cooking staff, pin chasers, and much more! If you're interested in being a part of team-oriented, FUN environment, then this is a GREAT opportunity for YOU!

For more information, please call 605-336-3800!

Suburban Lanes, Gretchen Gubbrud, Kim Wahl and 10 others like this.

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