



**HEALTH & FITNESS
CENTER**

1519 Central St. Stoughton, MA

(781)297-0979

Biggest Loser Challenge 2012

www.elitefitcenter.com

January 30th – April 16th

- 12 Week Program
- Nutrition
- Super Circuit Workouts
- Healthy Cooking Classes
- Registered Dietician Coach
- Nationally Certified Professionals
- Challenges & Prizes
- And More!!

Mon/Wed 6 – 7 pm Group Training

Tues 7 – 8 pm Nutrition Counseling



Get in the BEST SHAPE of your life!!

\$500 Grand Prize

PLEASE CALL OR VISIT OUR WEBSITE FOR MORE INFO