



Weight Loss Solutions

Keep your resolution to lose weight!

Break the cycle of fad diets, special shakes and miracle drugs and try something that will finally work. This class is about real weight loss for real people. Learn how to maximize fat loss, increase metabolism and develop intrinsic motivation. The class includes: ten hours of classroom instruction, support materials, exercise incentive program, individualized exercise program, pre/post assessment, two individual coaching sessions and more.

Cost: \$110

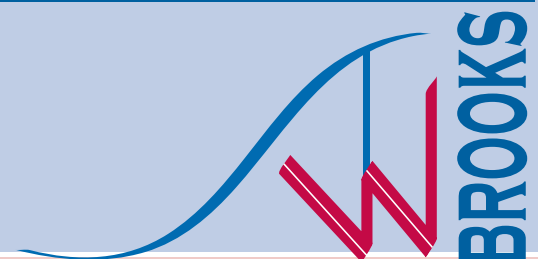
About the instructor: Ali Waelchli-Brooks, owner of AW Brooks Fitness Wellness Solutions, has been teaching people about weight loss, fitness and wellness for over 16 years. Ali has a masters degree in Exercise Science and is certified through the American College of Sports Medicine, the National Strength and Conditioning Association and is trained in Intrinsic Coaching®. Contact Ali at 623-521-7263 or ali@awbrooks.com

Spring '08

Wednesday 7:00-8:15 PM April 2 - May 21
Anthem Community Center

For registration info call:

Anthem Community Center: 623-879-3000



fitness wellness solutions
www.awbrooks.com