

Spring into 2016

Join our **BIGGEST LOSER** Competition!

Weight loss series that keeps you accountable, tackling fat-burning and metabolism-boosting

When: Thurs. 6:30PM – 8PM (April 21st – June 9th)

Investment: \$88 + \$25 for the winning pot

Contact: Lisa Tanzer, LisaT@TENandFiT.com, 708-386-2175

New
Dates!

- 8-week series in a group setting of 6-12 people
- Initial and final BMI measurements and weigh-in
- 1 hour of machine based exercises (cardio & strength) followed by ½ hour discussion and weekly weigh-in
- Winner based on % of initial body weight lost
- Minimum of 4 participants required to run the program

Lisa has over 20 years of experience teaching fitness and healthy lifestyles, she has a widely diverse repertoire of activities and programs to draw upon. Lisa's formal education includes a Master's degree in Anatomy, Neurobiology and Cell Biology from Loyola University, and a Bachelor's degree in Exercise Science from Concordia University. A Personal Trainer for over 15 years (A.C.E.), she also holds a Certified Medical Exercise Specialist certificate (CMES).



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