

“Living Fit, Living Well”

A Supervised Exercise & Nutrition Program for the Overweight & Obese



CORE DYNAMICS
— FITNESS AND NUTRITION SERVICES —



Make 2010 the year for Change!

\$185

On-going exercise classes and nutrition counseling.

Monday Lo-impact Aerobics

Wednesday Weight Training & *Happy Hour*

5:45pm – 6:45pm

December 7, 2009 - February 3, 2010

(No classes Christmas week)



Get great nutrition tips and healthy recipes at *Happy Hour*!

**Discount applies for Medoff Metabolics Patients (\$175)*

Other discounts may apply. Ask at registration.

Registration is required.

Written medical clearance from MD, Nurse Practitioner or PA required!

Libby Newsome, BSN, RNC, WHNP & Certified Trainer

Core Dynamics Fitness & Nutrition Studio

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Visit my web page at www.triadfitnessadvisors.com