



FITCAMP

TAKE CONTROL

FITCAMP 10 WEEK WEIGHT LOSS PROGRAM



FITCAMP PROGRAM OFFERS:

5 NUTRITION SESSIONS WITH AN R.D.

20 SMALL GROUP TRAINING SESSIONS

FUN WEEKLY CHALLENGES & TIPS

ADDITIONAL ONLINE RESOURCES

PRE/POST BOD POD ANALYSIS

3 FITNESS TESTS (WK. 1, 5, & 10)

PRIVATE FACEBOOK GROUP FOR ADDITIONAL SUPPORT

PROGRAM WINNER RECEIVES **\$400** PRIZE

POTENTIAL INSURANCE REIMBURSEMENT OF UP TO \$125

For more information & to enroll contact: Kristin Sementelli:
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