

New Year's Resolution WARRIORS!

**Make 2017 the
HEALTHIEST Year Yet!**
8 Weeks to a New You!
February 1st—March 22nd
Wednesdays 5:30-6:30 pm
With Fitness Specialist Tera



How are you doing with your health goals? Join us for this special class to focus on each one of your goals, from weight loss, strength gains or just a healthier lifestyle! Meet weekly to stay on track and reach your goals faster with a certified trainer to help keep you motivated!

**Each Warrior
earns a Free
T-shirt!**

Class included Pre & Post Assessment, nutrition education, recipes, goal setting guidance, and more!

Earn your warrior shirt!

Registration Form: New Years Resolution

Cost: \$35

Name: _____ Birthdate: ____/____/____ Gender: M F
Phone Number: _____ Email: _____
Address: _____ City: _____ State: ____ Zip: _____

Forms may be mailed to: Cape Girardeau Parks & Recreation Dept 410 Kiwanis Drive, Cape Girardeau, MO 63701



For more information contact Christine at 339-6604 or cpaige@cityofcape.org

CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

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