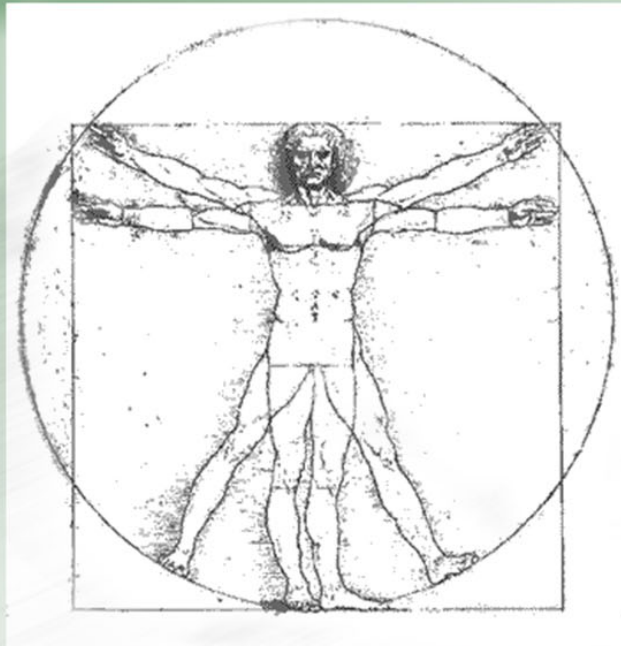


# Fast Track

Wellness Program



**FC** *Fort  
Collins  
Club*

THE CLUB WITH PERSONALITY

# Fast Track

## Wellness Program

Fast Track Wellness Program is an eight-week program designed to teach you everything about health and fitness. If you want to jump-start your fitness routine, we will help you assess your fitness goals, teach you proper and safe exercises, and help implement a nutrition plan catered to your needs.

### Program Details:

- Fitness orientation and assessments
- Goal setting
- Six ½ hour personal training sessions
- Two nutritional meal planning and tracking sessions
- Support and Guidance
- 8 week membership (for non-members)

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\$175- non-members

\$110- members

Sign up in membership services or contact membership @ 970.224. 2582

For questions contact: Stacey Weisser, Fitness Director  
email: [stacey@fcclub.net](mailto:stacey@fcclub.net)  
telephone: 970.224.2582



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