

# Weight Loss

Wellness Program



**FC** *Fort  
Collins  
Club*

THE CLUB WITH PERSONALITY

# Weight Loss

## Wellness Program

Weight Loss Wellness Program is an eight-week program that is specifically designed to help you reach your weight loss goal. You will learn the secrets behind healthy and safe weight loss and how to maintain once you have reached your goal.

### Program Details:

- Fitness orientation and assessments
- Goal setting
- Weight management support
- Six ½ hour personal training sessions
- Two nutritional meal planning and tracking sessions
- Support and guidance
- Eight-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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