

Join the SMAC

*Weight Loss
Challenge!*

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January 23 - March 4, 2017

Are you trying to find the motivation and guidance to lose weight in the New Year? Join SMAC's first weight loss challenge! This 6-week challenge will include:

- ◆ Training with a Trainer 4 days/week in a small group
 - ◆ Class Times: Monday-Friday 6:30 & 7:30 am or
- ◆ Choose from over 20 different SMAC Fit Pass sessions
- ◆ Body composition and circumference measurements
 - ◆ Weekly weigh-ins
 - ◆ Meal planner guide
 - ◆ ESD Cardio Programming

Winner will be determined by most % body fat lost in the 6 weeks. Prizes include:

- ◆ 1st Place– One Month 4x/wk SMAC Fit Pass Pro (16 sessions)
 - ◆ 2nd Place– One Month 2x/wk Fit Pass (8 sessions)
 - ◆ 3rd Place– One Month 1x/wk Fit Pass (4 sessions)



COST: \$480 for 6 weeks

TO JOIN: Contact Mai Tran, Fitness Manager at tranm@smccd.edu

**SAN MATEO
ATHLETIC CLUB**
AT
COLLEGE OF SAN MATEO