

# WAUKEGAN PARK DISTRICT

THE  
**FIELD HOUSE**  
SPORTS & FITNESS CENTER  
AT HINKSTON PARK

## Women's Weight Loss Challenge



The Waukegan Park District has partnered with Synergized Coaching to implement the **180° in 180 days Weight Loss Challenge**, a comprehensive exercise program designed to help you lose up to 50 lbs. in 6 months! You **DO NOT** have to be a member of The Field House and you **DO NOT** have to sign a contract. You **DO** have to register as soon as possible, as space is limited. All ages and fitness levels are encouraged to join.

The winning participant will receive 3 free in-gym or in-home personal training sessions with Kaneicia Brown, a NASM certified personal trainer, corrective exercise specialist, multi-sport athletic coach, and former women's blue-chip semi-pro basketball player. Come to a free information session to learn more. Are you up for the challenge? Sign up today!

### Informational Session:

December 10<sup>th</sup> at 7:00 PM at *The Field House*

### Orientation:

January 7<sup>th</sup> at 6:30 PM at The Field House

### Online Registration:

Visit <http://www.waukeganparks.org> to register

Questions? Call Sam Stevens at 847.782.3621 or email [sstevens@waukeganparks.org](mailto:sstevens@waukeganparks.org)

## A Word From Your Fitness Coach



Kaneicia Brown, MBA, CPT  
Owner of Synergized Coaching, LLC

For the next six months you will belong to me! You will be accountable to me. You have one obligation, one duty, one goal – to be a thinner, fitter, healthier you in 6 months!

A free informational session is scheduled for the December 10<sup>th</sup>; orientation is on January 7<sup>th</sup>. Please make sure to attend orientation as your measurements, pictures, and fitness assessment will be taken at that time. Please wear fitness attire. A health questionnaire and waiver must be completed prior to participating. If you have any specific questions regarding the program, please do not hesitate to call me. My contact information is at the bottom right corner of this flyer.

I hope to see you at orientation. You'll be able to hear from past program participants, several who have lost over 50 pounds in 6 months. If they can do it, you can do it! 2016 is your year. Claim it!

All the best,

Coach Brown

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# 180° in 180 Days Exercise Program

#10203302

## January – GI Jane

If you know anything about military boot camp, you know it's all about endurance and strength. You will train in the same format – using your own bodyweight to build stability, endurance and strength. Exercises will be modified according to your level of fitness.

## February – Training Day

In February, you will train like some of the top female athletes in the world. Exercises will be modified according to your level of fitness.

## March – Columbiana

You will be kicking, punching, shuffling, shifting, ducking, jumping and jogging your way to the mid point of the program. Exercises will be modified according to your level of fitness.

## April – 300

300 hundred reps, every day of every workout. Exercises will be modified according to your level of fitness.

## May – The Magnificent Mile

These track inspired fat-burning, endurance-building workouts will have you ready to run the world – or your first 5k! Plan to break your personal records (PRs) each week. Exercises will be modified according to your level of fitness.

## June – Remember The Titans (T14TT)

The moment of truth is here. You've built strength, endurance, flexibility, speed, agility, quickness, and power. We'll put it to the test! You will be split into teams, have team goals, and will be timed. Exercises will be modified according to your level of fitness. You will also take after pictures and a group picture.

Class Name	Days	Dates	Time	Code	R*	NR*
GI Jane	Mon, Tues, Thurs	1/11 – 2/4	5-6AM	1C	\$81	\$90
Training Day	Mon, Tues, Thurs	2/8 – 3/3	5-6AM	2C	\$81	\$90
Columbiana	Mon, Tues, Thurs	3/7 – 3/31	5-6AM	3C	\$81	\$90
300	Mon, Tues, Thurs	4/4 – 4/28	5-6AM	4C	\$81	\$90
Magnificent Mile	Mon, Tues, Thurs	5/2 – 5/26	5-6AM	5C	\$81	\$90
Remember Titans	Mon, Tues, Thurs	5/31 – 6/23**	5-6AM	6C	\$81	\$90
GI Jane	Mon, Tues, Thurs	1/11 – 2/4	8-9PM	1D	\$81	\$90
Training Day	Mon, Tues, Thurs	2/8 – 3/3	8-9PM	2D	\$81	\$90
Columbiana	Mon, Tues, Thurs	3/7 – 3/31	8-9PM	3D	\$81	\$90
300	Mon, Tues, Thurs	4/4 – 4/28	8-9PM	4D	\$81	\$90
Magnificent Mile	Mon, Tues, Thurs	5/2 – 5/26	8-9PM	5D	\$81	\$90
Remember Titans	Mon-Tues, Thurs	5/31 – 6/23**	8-9PM	6D	\$81	\$90

\*Resident/Non-Resident

\*\*Memorial Day week

\*\*\*One or Two Day Participation Option Can be Found Online or  
in The Waukegan Park District  
Program Brochure\*\*\*

## Why You Should Join

Where else can you get private group personal training, 1:1 wellness coaching, meal plans, access to daycare, and 24/7 accountability for 90 bucks a month? Nowhere!

This diet and exercise program cost less than a spa appointment, or the cost of three personal training sessions per month! In addition, you'll have a network of accountability partners that have the same goals you do. If you're on a tight budget, **you can go online to register and choose an AM Flex option for \$30 or \$60 a month!** Waukegan residents will receive an additional discount.

## What You Will Receive:

- Program manual
- Before and after pictures
- Q&A with a Weight Loss Professional
- Physiological, cardio and fitness assessments
- Daily weigh-ins
- Monthly email blasts with performance updates
- Monthly body fat percentage calculations and girth measurements
- Off day training workouts
- Meal plans
- 16-hour access to your fitness coach
- And much more!