

Women's Weight Loss and Fitness Programs



Free Weight Loss Informational With Kaneicia!

Need to lose a little weight? A lot? A free information session is scheduled **November 19, 2015 from 7-9 PM.** Come learn the top ten truths about weight loss and hear from those who have lost 50+ pounds in our programs! In addition, weight management dietician Sandra Schmidt will be available for Q&A after ward. Come early to secure a seat!



Available Programs and Classes:

Bodyfat Blast – Starts 10/13
Sunday Sunrise Circuit Training – Starts 11/1
Keep Calm & Stretch – Starts 11/1
180-180 Weight Loss Challenge – Starts 1/11/16
A New You In 90 Days – Starts July 12th

Questions? Call Sam Stevens at 847.782.3621
or email sstevens@waukeganparks.org

Kaneicia is a NASM certified personal trainer, corrective exercise specialist, life coach, author and nutrition enthusiast. She designs personal development plans, workshops, fitness and weight loss programs as business owner of the multi-faceted service provider, Synergized Coaching, LLC. To contact her directly, dial 888-995-7966 or email kmb@synergizedcoaching.com.



BodyFat Blast

If you need to blast belly fat, thigh fat, arm fat or total body fat, this twelve-week program is for you. You will learn how to create calorie surpluses for special occasions, (Thanksgiving and Christmas), all while following a specified weight training and nutrition regimen. You will take pre and post fitness assessments and will receive an end of program report. Nutritional coaching is available.



Sunday Sunrise & Keep Calm and Stretch

These Sunday platinum classes are perfect for those who want to learn more about proper form, technique, increasing flexibility, reducing muscle pain, and correcting muscle imbalances from prior injuries or surgery. Start your Sunday off with a 60-minute strength training session followed by inhibition, lengthening, and corrective exercise training.



180 Degrees in 180 Days

What better way to start the New Year working on a healthier you? This 24-week comprehensive program is designed for populations who are just starting their weight loss journey, haven't exercised in a while or who have more than 20 pounds to lose. You will receive a reading list, monthly weight loss challenges, take-home workouts, access to metabolism and body fat testing, and the chance to win private personal training sessions. You'll be weighed daily and take monthly fitness assessments. Nutritional coaching is available.

A New You In Ninety Days

This 12-week program will keep you summer slim! The workouts are designed to tone and strengthen the entire body by training in and outdoors. This program is ideal for those who have completed the 180-180 program or who are accustomed to moderate exercise. You will take pre and post fitness assessments, be weighed daily, and will receive an end of program report. Nutritional coaching is available.

