

# WAUKEGAN PARK DISTRICT



## 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, weight loss 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 20<sup>th</sup> at 7 PM at *The Field House*. Meet past winners and current participants!

### Orientation:

January 4<sup>th</sup> at 7 PM at *The Field House*

### Online Registration:

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

## 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 20<sup>th</sup>; orientation is on January 4<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! 2018 is your year. Claim it!

All the best,

Coach Brown

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# Women's Weight Loss at *The Field House*



## Why You Should Join

Where else can you get private group personal training, 1:1 wellness coaching, meal plans, access to daycare, metabolism testing, and 24/7 accountability? Nowhere!

This health and fitness transformation program cost less than eight personal training sessions! In addition, you'll have a support system of women who have that have the same goals you do!

## What You Will Receive:

- Training guide
- Before and after pictures
- Monthly cardio and fitness assessments
- Monthly body measurements
- Monthly email blasts with performance updates
- Monthly body fat percentage calculations and girth measurements
- Daily weigh ins
- Off day training workouts
- Meal plans
- 16-hour access to your fitness coach
- And much more!

## What It Costs

Session	Resident	Non-Res	Duration	Days Per Week
5 AM	\$280	\$300	12 weeks	<u>3</u> (MTW)
8:15 PM	\$180	\$200	12 weeks	2 (MW)
Tuesday or Friday Weight Room Training—	\$100	\$115	12 weeks	

\*See staff or call for information on dates, times and details