



8 Week Weight Loss Challenge
At Nyack Fitness

What is it all about?

Come find out at Nyack Library on

Monday December 19, 2011 from 7pm–8:30pm

Meet Personal Trainer and Coach Beth Whorowski

There will be sign up specials and some great tips on
eating healthy throughout the Holidays

For more information and to sign up for this **FREE**
information session at Nyack Library

please email Beth at info@fit4lifenyack.com or call her
at 732-216-3015

Fitness

Nutrition

Yoga