

# IT WORKS!

## JOIN MOVE IT TO LOSE IT

### AND

## GET BACK IN TO YOUR SKINNY JEANS!

**WE DID IT!  
NOW YOU CAN TOO!  
GET MOTIVATED  
JOIN TODAY!**



### Join the Geneva Park District's **Move It To Lose It Fitness Challenge**

Ages 18+

**Begins January 11**

Go on a 10-week health and fitness journey with the guidance of certified personal trainers and a registered dietician. This healthy, competitive challenge encourages participants to lose weight and feel great while rewarding their accomplishments. Participants are confidentially weighed every week. Various prizes will be awarded with the winner receiving a **FREE** one year membership to the Stephen D. Persinger Recreation Center. Weigh in and nutritional classes every Monday night from 6:00 - 7:00 pm at the Stephen D. Persinger Recreation Center.

**Members: \$125/Non-Members: \$200**

**Registration Code: 64855**

## **REAL PEOPLE ... REAL RESULTS!**

For more information, stop by the front desk, call (630) 232-4501 or visit [www.genevaparks.org](http://www.genevaparks.org)