



See Yourself FIT

Lose Weight • Gain Strength • Earn Club Cash

January 13 - March 7

Orientation: January 11 at 11 am

Start the new decade strong! Learn how to lose weight and stay healthy with group training sessions and weekly nutritional guidance.

Challenges along the way show your progress and can earn you up to \$150 in Club Cash. Let's make the 20's your best decade yet!

8-Week Program

2 Classes per week	\$129 M / \$229 NM
3 Classes per week	\$149 M / \$249 NM

Space is limited. Register at the Front Desk - 513-624-1871.



WEIGHT LOSS CHALLENGE REGISTRATION

Name _____ ☐ Member ☐ Non-Member

Address _____

City State Zip _____

Phone _____ Email _____

CHOOSE YOUR PROGRAM

☐ 2 Sessions/Week ☐ 3 Sessions/Week

CHOOSE YOUR CLASS DAYS/TIMES

MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/> 5:30 am	<input type="checkbox"/> 7:00 am	<input type="checkbox"/> 5:30 am	<input type="checkbox"/> 7:00 am	<input type="checkbox"/> 5:30 am	<input type="checkbox"/> 11:00 am
<input type="checkbox"/> 5:30 pm	<input type="checkbox"/> 6:30 pm	<input type="checkbox"/> 5:30 pm	<input type="checkbox"/> 6:30 pm	<input type="checkbox"/> 5:00 pm	

Sign up for your preferred day and time or drop-in when space is available.

PAYMENT

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover ☐ Check ☐ Plex Account

Account Number _____ Expiration _____

Name on Card _____

Signature _____ Today's Date _____

*Make checks payable to Mercy HealthPlex. Payment must be received to process registration.
Discounts do not apply on this program.*

Contact Jonathan Kleinhenz at JKleinhenz@mercy.com for more information.