



**A contest for all Nautilus members to see who can achieve the highest weight loss in 6 weeks!**

Contest begins Monday, January 17<sup>th</sup>  
and runs through Monday February 28<sup>th</sup>

There will be 3 weigh-ins for all participants: wk1, wk3, wk 6.  
Assessments for inches lost are taken wk 1, and wk 6.

Prizes will be given for most weight lost and for most inches lost.

Teams will work 3 times per week with a personal trainer in order to achieve their goals!

**Cost is \$199.00 per person for 18 group sessions**

**Sign-up at the front counter today!!**