



**6 WEEK PROGRAM · STARTS WEEK OF JANUARY 15**

**KICKOFF: SUNDAY, JANUARY 14TH AT 5:00PM · FOOD TALK WITH CHEF FALLON ACHAS**

**JUST DROP 2** is a 6 week program designed to jump start your fitness and develop a framework for healthy eating habits with a fresh start in 2018. Participants will learn to finally let go of the number on the scale and focus on losing inches.

Program cost includes a weekly session with a personal trainer, group exercise classes and nutritional guidance. Your Personal Trainer will provide helpful strategies, education and information that you can use daily to guarantee success. No scale or keeping a journal in this program! You will begin with a tape measure and a Bento Box. Waist measurement will be taken at the beginning of the program and marked on your tape measure. Watch the progress on your tape measure as you map your way through fitness challenges and classes with your trainer. The Bento Box will be your guide to portion control and healthy eating habits. Recipes and inspiration for using the Bento Box will be presented at the kick off with Chef Fallon Achas.

**Just Drop 2** is for members and non-members! For more information, please call 697-8727.

**Register online at [www.powerworkschatham.com](http://www.powerworkschatham.com) or come in and see us at POWERWORKS FITNESS!**

**COST: \$70 MEMBERS / \$125 FOR NON-MEMBERS** (Includes a membership for the duration of the program)

**TRAINERS AND  
START DATES:**

**Monday / January 15**  
6:00AM – Jodi Gaden

**Wednesday / January 17**  
5:15PM – Alisha Jackson

**Thursday / January 18**  
9:15AM – Brittany Bisch



**POWERWORKS**  
FITNESS