

**Sign up by
January 5**

**Cost per
person: \$30**

**Mandatory
meeting**

January 11 @ 7pm
Arrowhead Community Center

*You must attend at least
3 meetings in addition to
January 11 & the finale
on March 31: January
11, 27, February 8, 24,
March 8, 24 & 31
@ 7pm*

How do you win?

Weighted point system:

- Lose body fat %
- Lose inches
- Lose weight
- Increase flexibility

Sign up at:

Arrowhead Community Center
(24856 W Eames Street) or
Heritage Crossing Field
House (24935 W Sioux Drive)

Body 24/7 Rescue

**“Biggest Loser”
Park District Style**

**Starts
January 11!**

**Ask about our personal
training special
accompanying the
program!**

Course: 9488

**For more information call
Channahon Park District
at 815-467-7275 or contact
Christi at 815-354-3869**

1st Place

1 year free
Dimensions
Fitness Center
membership *plus*
3 group fitness
class passes

2nd Place

6 months free
Dimensions
Fitness Center
membership *plus*
3 group fitness
class passes

3rd Place

1 month free
Dimensions
Fitness Center
membership *plus*
3 group fitness
class passes

Everyone:

**Body
Rescued!**

