



## Wednesday Weekly Weight Control Sessions At Fennimore Memorial Building

<u>Date</u>	<u>Weight Control Session*</u>	<u>Exercise Session**</u>
	5:30 – 6:30 PM	6:30 – 7:00 PM
January 18	Weight Management 101	Zumba™
January 25	“My Plate” – What and how much to Eat	Pilates
February 1	Measuring Success Off the Scale	TurboKick™
February 8	Label Language and Lingo’s	Stretching
February 15	Shopping Strategies	TurboKick™
February 22	Fill Up- Not Out	Bootcamp
February 29	Impulse Eating	30 Minute Abs
March 7	Eating Out Strategies and Holiday Tactics	Total Body Training
March 14	Lapse and Relapse – Getting back on Track	Pilates
March 21	Renew Your Vision – Maintain what you’ve attained	Zumba™
March 28	Final Weigh in	

Above sessions are optional. Participants in Get – Fit Fennimore are welcome to weigh in at the Memorial building from 5- 7 regardless of participation in the above program. Weigh-ins are also available anytime on Wednesdays at Fennimore Fitness.

\*Weight Control Sessions taught by Registered Dietitian Chris Swan who has earned a Certificate in Weight Management from the American Dietetic Association. She has completed Wellness Coach Training through Well Coaches and is currently self –employed as a Consulting Dietitian at 2 area nursing homes. Helping people journey well through life is her mission.

\*\* Exercise Component of weekly weight control group is led Fennimore Fitness personal trainers.