



Weight Loss & Wellness Center

West Hill's weight loss programs have helped thousands of people get started on a healthy lifestyle change. The average weight loss for our most popular Biometrics program is 18 pounds in 6 weeks! West Hills has different options for every lifestyle and budget. Sit down with one of our certified personal trainers to customize a plan that fits you. Non-members are welcome and can benefit from the same low price for any of our weight loss programs.

Session Dates for 2008/2009 • 8 Week Classes

Fall 1: 9/2/08 – 10/26/08 • Fall 2: 10/27/08 – 12/21/08 • Winter 1: 1/5/09 – 3/1/09

Waist Watchers Group Training

8 Weeks

Group personal training geared towards burning fat and losing inches! This is a group class that will boost your metabolism by incorporating strength training with bursts of cardio. Vitabot online nutrition program included.

T/Th

7:15-8:00 p.m.

Members - \$160 Non-Members - \$208

Biggest Loser Club Group Training

8 Weeks

Group personal training in a fun, social and non-threatening environment geared towards weight loss. Vitabot online nutrition program included.

M/W/F

6:30-7:15 p.m.

Members - \$240 Non-Members - \$312

West Hills' 8 in 8 Challenge

Anyone who loses 8 pounds in 8 weeks wins the challenge! All challengers receive a Vitabot online nutrition membership, accountability to help you shed those 8 pounds, and weekly weigh-ins. Participants must either enroll in a speciality fitness class or purchase a minimum of a 3 hour personal training package. All contestants who complete the challenge and lose 8 pounds in 8 weeks will receive \$50 in business bucks that can be used at a variety of local businesses of your choice.

Enrollment Fee - \$35



West Hill's club-wide weight loss competition!
You choose how you lose.
Coming January 2009!

Biometrics Proven Weight Loss Ongoing

The **Biometrics** program provides proven, specific, and healthy guidelines to lose weight.

- Six-week program
- Personalized meal plan
- Specific progressive training protocol
- One-on-one personal training 3x/week

\$575

Wedding Watch Weight Loss Ongoing

This program will have everyone from the "bride to be" to the "father of the bride" looking to get ready for that special day.

- Includes Vitabot online nutrition membership
- One-on-one or Dual Training 2x/week

Four weeks one-on-one - \$250

Four weeks dual training - \$200

Eight weeks one-on-one - \$450

Eight weeks dual training - \$350

Beach Body Weight Loss Ongoing

Don't let your kid's sandcastle be the only thing that's sculpted on the beach this summer. We'll help you shape and sculpt your body so that you can feel good in that bathing suit.

- One-on-one training 3x/week
 - One month Vitabot membership
- Four weeks one-on-one - \$350
Four weeks dual training - \$275
Eight weeks one-on-one - \$650
Eight weeks dual training - \$500

REGISTER ONLINE at westhillsathletic.com

If you have the will, **We have the way**