



CITY OF WESTMINSTER

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[www.westminstermd.gov](http://www.westminstermd.gov)

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## Life Style Fitness Partner Challenge

*Westminster, MD* – Take the challenge, partner or no partner, make the commitment to change a small aspect of your life. Start on the road to make weight loss a permanent change. Challenge is from February 1<sup>st</sup>- March 12<sup>th</sup> at the Westminster City Family Fitness Center Gym. Located at 11 Longwell Ave. Fee is \$50.00 per non-member (includes 2 month membership and the challenge.)

Choose nutrition and a fitness component to change. Sample workouts and food diary forms available on day of registration. Weekly weigh-ins and support provided through 1 hour group trainings and written workouts.

For more information call, 410-751-5501. Program sponsored by the City of Westminster Recreation & Parks Department.

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*The Department of Recreation and Parks is located at 11 Longwell Avenue in Westminster, MD. The department provides citizens and visitors with a variety of events, programs, and health and fitness opportunities throughout the year. For more information about the recreation and parks department and upcoming events, please visit [www.westminstermd.gov](http://www.westminstermd.gov) or call 410-857-9072.*