

DCU Sport Weight Loss Club

A brand NEW programme to kick start your healthier lifestyle!



Do you want to make steps towards being healthy & active in 2012!

Sign up today to achieve:

Weight loss

Fat reduction

Increased fitness levels

Lifestyle improvements

Confidence and well being

Goal setting & behavioural change

Our vision is to help to remove barriers, motivate you and help you achieve your personal target Places Limited!

Course Details:

- 12 group exercise classes
- Nutrition seminar, Special guest speakers
- Optional weekly weigh in, body fat measu
- Free DCU Sport goodie bags
- 3 FREE Personal training sessions for those who achieve your agreed goal within the 6 weeks.

Monday & Wednesdays 7:45pm Starts January 31st 2012

DCU Sport members €70

Non-members €120



Book at DCU Sport reception

Visit www.dcu.ie/dcusport or Tel: 01-7005797