

**FREE**

3 MONTH FAMILY GOLD  
PASS PLAN INCLUDED  
EXCLUSIONS APPLY - TO BE  
DISCUSSED IN APPLICATION  
MEETING



# ***FIT FOR LIFE***

**EXERCISE, NUTRITION &  
WEIGHT-LOSS PROGRAM**

**APPLICATION  
MEETING**

**MAY 6**

**TIME: 6:00 P.M.**

**LOCATION: WYTHEVILLE RECREATION CENTER**

**QUALIFICATIONS**



**12-WEEK PROGRAM**

- ✓ Wythe or Bland County Resident
- ✓ Exercise Class: Monday & Wednesday 5:30-6:30 P.M.
- ✓ Ages 18+
- ✓ Biweekly Nutrition Class: Tuesday 5:30-6:30 P.M.
- ✓ BMI of 25 or Greater
- ✓ Start Date: June 8, 2026



**333 COMMUNITY BLVD. | (276) 223-3378 | REC.WYTHEVILLE.ORG**