



Groton Country Club presents

The Biggest Loser Contest

with personal trainer **Holly Kouvo**
of **Fitting Fitness In™**

When: Eight-week Wednesday night program beginning
March 12th running thru May 7th (no class April 23)

Time: 6:30-8:00 pm.

How: Cost is \$360 per person. Pre-Registration is required. Call Holly
Kouvo at 978-502-8781 or register online at
www.FittingFitnessIn.com.

Winner receives \$1000 value of Gift Certificates from local businesses

The Weight-Loss Program includes the following each week:

- weigh ins and motivational sessions
- 45 minute exercise program
- "Holly's Helpful Hints" on diet & nutrition, how to fit exercise into your busy schedule, ways to boost your metabolism

Each participant will receive:

- Individual folder with food logs, exercise logs, and individual exercise program
- "Perfect Portions Diet Dish"
- Resistance Band (ideal for busy professionals who travel)
- Motivating Articles

