

DARE TO LOSE

COMING SOON!



**Wednesday & Friday
5:30pm-7:00pm**

WHAT IS DARE TO LOSE?

- Group workouts with a certified personal trainer
- Peer motivation
- Work to your personal potential
- Have fun!

Two teams will work with a trainer to get fit and have fun. Join the friendly competition and enjoy the results.

COST PER 8-WEEK SERIES

(Includes Fitbit)

MEMBER: \$299

NON-MEMBER: \$349

\$50 off with own Fitbit



in partnership with Cayuga Medical Center

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