

# DARE TO LOSE

## Starts April 26th

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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