

DARE TO LOSE

Starting November 12th



WHAT IS DARE TO LOSE?

- Group workouts with a Certified Personal Trainer
 - Peer motivation and fun
- Accountability to help you lose weight and keep it off
 - Work to your personal potential

Monday & Thursday

5:30pm-7:00pm

Location: Downtown

COST PER 6-WEEK SERIES*

MEMBER: \$199 NON-MEMBER: \$249



in partnership with Cayuga Medical Center

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