

WELLNESS NEWS

March and April 2020

BIG LOSER 2020 – Finale Event Wednesday, March 11th 5:30pm

We had an overwhelming response and participation this year, 22 participants have gotten stronger, faster and smaller! They've built healthy habits, gained nutritional knowledge and made new friends at the club - WHO WILL WIN?

Top Overall Male and Female Loser will win lunch for one year / Overall Winning Team receives a pool party for five friends!

**Team Black coached by Anne Helms has lost
120 pounds and 20% body fat
Team Blue lead by Coach Cam have lost over
85 pounds and 25% body fat**



SPRINGTIME SLIMDOWN CHALLENGE

Look and feel great by the pool during summer 2020!

Join us Monday, April 6th through Monday, May 18th for the Springtime Slimdown Challenge. Participants will earn points participating in Wellness Programs. Lose inches of body fat to win!

Includes weekly accountability coaching, educational wellness workshops and discounts on personal training packages!

Prizes will be awarded to overall male and female winners! Win \$50 credit at the Pool AND a refillable Outing Club Tumbler (\$120 value)

Signup at the Wellness Center or contact Anne at 563-349-6495 or wellness@theoutingclub.com for more information!



TRAINER SPOTLIGHT: CAMERON CURTIS

Certified Nutritionist / Certified Strength and Conditioning Specialist

Receive a custom dietary program with strategies based on your individual body composition

- Lose Fat and/or Gain Muscle
- Improve overall eating habits without starvation
- Track your progress in real time
- Utilize corrective exercise to improve performance and endurance

Take advantage of 20% off of nutrition and training packages booked during March or April.

Wednesday Wellness Workshop Series

Health & Wellness Education lead by Fitness & Nutrition Professionals at The Outing Club Wellness Center
April 8th, 22nd, & May 6th at 5:30 PM \$10 per person

