



6 WEEK TRANSFORMATION PROGRAM

(GET READY FOR SPRING!)

From **Feb. 12th to Feb. 28th**, Koko will be signing up folks who are interested in getting healthier and in better shape for an exclusive 6 week transformation program. We are offering three versions.

Version #1 - 6 Week Transformation Program. This is an exclusive program that will include 6 weeks of once per week group nutrition/health classes plus 3 x per week group fitness classes. \$240 for non-members and \$213 for members

Version #2 - 6 weeks of Group Fitness Boot Camp classes (above offer minus nutrition/health classes). \$180 for non-members and \$160 for members.

Version #3 – 6 weeks of Health/Nutrition classes only. Meets once per week. \$90 for non-members and \$75 for members.

If you are interested in attending single classes and not the entire program, classes are \$20 each for non-members and \$15 each for members. *Space priority will be given to those signed up for entire program.

These offers must be signed up for by 2/28. Payment must be made by 2/28 to reserve your spot. Space is limited, so there may be a waiting list. *Please see detail information below.

Orientation for all programs is on March 3rd @ 11 am.

6 Nutrition/Health Classes – For those signing up for version #1 and #3, you will meet every Saturday morning @ 11 am. Class is one hour. Handouts will be given and questions will be answered. Each week is a different topic. See class schedule.

6 Weeks of Fitness Classes – For those signing up for version #2 and #3, you will meet for exercise on Tuesdays @ 6 pm, Thursdays @ 6 pm, and Saturdays @ 10:15 am. Classes will be 45 min. They will be tailored to every fitness level. See class schedule.

Class schedule on back.

6 WEEK TRANSFORMATION PROGRAM CLASS SCHEDULE

Nutrition/Health Classes – Meet every Saturday @ 11 am.

Saturday March 3rd – Orientation for all enrollees on program – Approx. 30 min

Saturday March 10th – Anti-Inflammatory Diet – Discussion of diet and modifications for individuals – Will include a food buying guide

Saturday March 17th – Healthy Cooking – Discussion of how to prepare healthy food based on clean eating principles – Recipes included

Saturday March 24th – Weight Management – Discussion of weight management principles including diet and exercise, but including supplements, sleep, stress, and other topics that impact our weight

Saturday March 31st – Herbs & Herbal Remedies – Discussion of using herbs to impact weight, health, and exercise

Saturday April 7th – Anti-Aging – Discussion of nutrition, exercise, and supplements and how to use them to slow the aging process

Saturday April 14th – Women's Health & Hormones (if male attendees, male hormones will be included) – Discussion of how hormones impact our health, weight, and ability to get fit

FITNESS CLASSES

Tuesdays @ 6 pm – Core Strength (including some stability ball work)

Thursdays @ 6 pm – Thinner Thighs/Shapely Legs/Better Booty

Saturdays @ 10:15 am – Mobility/Flexibility/Foam Rolling

*Cardio programs and other workouts to do on your own are extra options – please inquire.