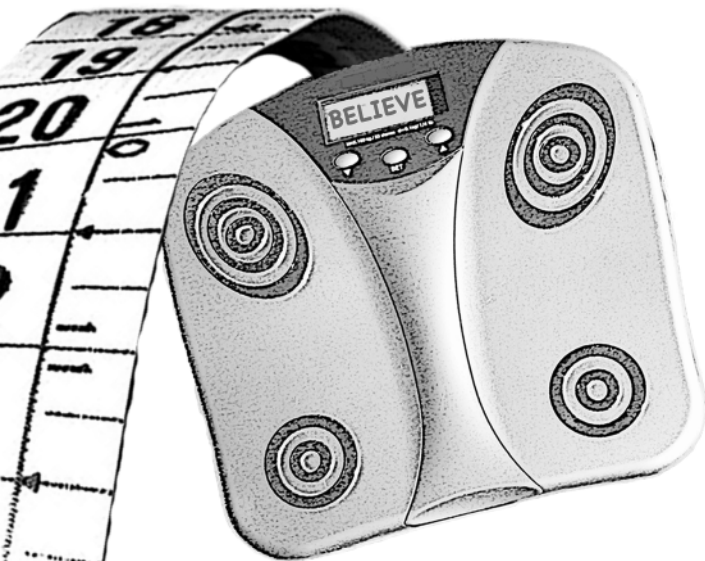


# THE TRANSFORMATION CHALLENGE



*Connecting your experience  
at the GAC with nutrition &  
motivational personal training*

**NEW SESSION EVERY MONTH**

- 12 weeks of personal training in groups of 3-4 people
- Weekly Motivational E-mails
- Nutritional Guidance

**MEMBERS: \$299.00**

**\*\*May be split into 3 payments**

**NON-MEMBERS: \$399.00**

**Sign up Today at the  
GAC Service Desk**

**WED. JAN. 5th, 2011  
@7:00 pm  
INFORMATIONAL MEETING  
IN THE BIRCH ROOM  
For Additional Information**

**CONTACT:**

**Valerie Silas**

**810-606-7523**

**Email:**

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