

## **Move It To Lose It!**

**Dates:** January 25– April 14

**Time:** 4:30-5:30 PM

**Days:** Tuesdays & Thursdays

**Location:** Crawford Gymnasium

**Enroll online:**

<http://louisville.edu/hr/gethealthynow/wo>



### **Highlights of the class include:**

- **Guided Group Exercise**
- **Nutrition for Real Life**
- **One-on-One Coaching**
- **Monitored Weigh-Ins**
- **Follows ACSM Guidelines**
- **Get Healthy Now Incentives**

**Cost: \$20– Covers Food Journals**

Questions? [ghn@louisville.edu](mailto:ghn@louisville.edu)/ 852-7755