



100 Spartan's of West Fresno



12 Week Weight Loss War

When: Opening Weigh In Will Take Place September 30, 2010
@ Hinton Center West Fresno at 6 pm

Final Weigh In: Dec 20th and 21st

Registration: Register immediately call Eva Lamas at 559-485-1273
Fresno West Coalition for Economic Development

Cost: You will receive assistance in improving your overall weight-loss, fitness, self-image, self-esteem, and quality of life. To that end, Spartan's will be organized into ranks that will be supervised by a certified personal trainer. Each Spartan Army will meet with their trainer as needed for one hour at a time. \$100 per Spartan

Call Eva Lamas at 559-485-1273 you may qualify for a scholarship limited amount available.

Keith Kelley, FWCED President/CEO said, "People ask how I lost so much weight and look so fit. I did GABB Fitness' Central Valley Greatest Loser 2 out of their 3 years and lost 75 lbs total."

Registration Deadline: Sept 25th or until we reach 100 whichever comes first.

Training Styles: Train on your own, with your own trainer, or with one of our trainers provided at no additional cost.

Winner Announced: Dec 30th
You will have the chance to win great prizes

ENOUGH IS ENOUGH!!!

