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# Biggest Loser Winning Fitness Program

Sponsored by Rotary Club of Northborough, Inc.  
And Rotary Club of Southborough, Inc.

For 12 weeks, every Wednesday night from 6:00 – 7:30 pm  
beginning January 12, 2011 and ending March 30, 2011  
we will host the Biggest Loser Winning Fitness Program  
at the Algonquin Regional High School Cafeteria

The program begins at 6:00 pm and includes a motivational segment, a keynote speaker, a question and answer segment and an exercise session. Topics will include various forms of fitness, nutrition and lifestyle changes. The cost of the entire program is \$60 per person.

All you need to do is create a BLWF TEAM of 4 to 8 members. Each member will be weighed in privately and individually, then together as a team. At the end of the program there will be a grand prize for the team who has lost the largest percentage of weight.

Individuals are also welcomed to join us for the entire program.

To join the program – fill out the form below, make your check payable to:

**The Rotary Club of Southborough, Inc.**

And mail to:

The Rotary Club of Southborough, P.O. Box 391, Southborough, MA 01772

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
Team Members: \_\_\_\_\_  
\_\_\_\_\_

Questions, please call - Steve Georgeson 508-393-3481,  
Pam O'Donnell 508-481-6640, or Wanda Moody 508-393-9869