

# RFC's Healthy Living Group

RFC Members \$120

Non-members \$160

(Includes RFC membership with unlimited group fitness for duration of 7-week program)

Registered Dietitian, Alyssa Thooft, and RFC's Certified Trainer, Shadow Rohloff, are teaming up to bring you a 7-week virtual health program. This program is designed to combine healthy eating, a positive mindset, and exercise you enjoy to create healthy habits & an overall balanced approach to your health & wellness.

This program is made to fit any schedule and will be offered virtually through a private Facebook group. Learn on your own time and access the information whenever it is convenient for you!

## What is included in this program?

- Educational videos on nutrition with Registered Dietitian, Alyssa Thooft
- Weekly strength program videos for RFC fitness room
- Unlimited access to the RFC with group fitness classes
- Healthy recipes & meal ideas
- Accountability & group support
- Weekly challenges & motivation
- Fitness & nutrition tips & check ins

One-on-one consults with Alyssa or Shadow will be available for an additional cost. Take the small steps to work toward a healthy lifestyle and feeling your best with this program designed to create & maintain healthy habits for the long haul!

REGISTER NOW

Call 589-6485 or stop by the RFC to sign up by January 16th

January 23rd -  
March 10th

