



HAYWARD'S BIGGEST LOSER

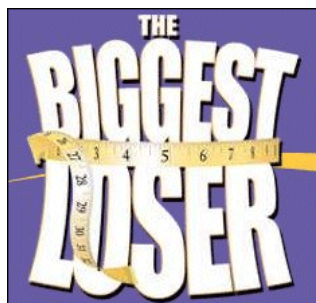


Back Again for a 4th Year!

Hayward's Biggest Loser is back again for fourth year, bigger and better than ever!! Whether you are returning for another year or this will be your first year, you will be so glad you have decided to join in this awesome weight and cardio training course.

Our new instructors Kendra Statton and Heidi Frierhood will work with each participant in this weight loss program. The program will start with an orientation to weigh, measure, and check blood pressure and will also include a discussion on healthy eating.

Over the next several months, twice a week, you will come to train on weights, work-out with a cardio program, attend classes on eating healthy, and compete for prizes monthly, in several categories. There will be a grand prize awarded to the man and woman that lose the most inches!



Don't wait another day to start getting in shape and losing weight. The benefits of eating healthy and losing those unwanted pounds are immeasurable.

This class will be a fun, beneficial way to lose that weight and feel great!

The classes will meet on: Monday's and Wednesday's for one hour starting at 5:30 p.m. at the High School from January 18 - April 14.

A sign-up for work-out times will be at the orientation on: **Monday,**

January 18th at 5:30 p.m. in the High School Commons.

Join this awesome program for only \$55.00 each.

There will be a final weigh-in and measuring on Monday, April 12 and an award banquet on Wednesday, April 14.

Make it your 2010 new year's resolution!

Special Points of Interest

- *Weight & Cardio Training*
- *Pilates & Teabo*
- *Cooking Lite Classes*
- *Prizes, Prizes, Prizes!!*

A Special Thank You to the Following for Their Donations:

- *Hayward Mercantile*
- *Security Health*
- *McDonald's*
- *Julie Ace/Salon Soleil*
- *Sublime Subs*
- *Canes Pro Shop*
- *Hidden Bay Graphics*

Speakers :

Dr. Ryan Hansen

McDonald's Health Team

Fees for this class are payable in advance upon registration. To participate in this class please fill out the attached registration form, along with the appropriate fee (made out to Hayward Community Schools). Mail to Hayward Community Schools, Attn: Dawn Cox, P.O. Box 860, Hayward, WI 54843, or drop it off at the Workforce Development Center. If you have any questions, please feel free to contact Dawn Cox at 715-634-2619 x1666 or email to: communityeducation@hayward.k12.wi.us

Reminder: By signing above you are participating, or allowing your child to participate, in this Community Education activity. You release the Hayward Community School District, Community Education, and their employees from any liability due to injury and/or lost/misplaced personal items. For additional information call 715.634-2619 ext. 1666. Class fees are nonrefundable unless Community Education cancels the class. You are enrolled unless you hear otherwise.

Hayward's Biggest Loser

Name: _____ Circle preferred time: 5:30/6:00/6:30 pm

Address _____ City _____ Zip _____

Daytime Phone #: _____ Evening Phone #: _____

Email Address: _____

Signature: _____

SCHOOLS AND COMMUNITIES LEARNING AND GROWING TOGETHER!

Check the webpage at <http://hayward-wfdc.schoolfusion.us/> for listings of all classes ~ Watch the Sawyer County Record also!