



“Shed & Share”

with Hope Robbins

Get Fit *and* Help Erase Hunger in our Community

During January, anyone signing up for a fitness or nutrition program with Hope Robbins is invited to participate in “Shed & Share,” an initiative to provide support to local food banks while helping you to shed unwanted pounds and establish great eating habits.

Here’s how you can “Shed & Share”:



From January 1 through to March 31, every pound you lose while enrolled in one of Hope Robbins’s fitness or nutrition programs will be matched by a one-dollar donation to Kawartha Food Share. Anden Bath Centre, a local business owned by Vance Robbins is sponsoring “Shed & Share.” Imagine the wonderful benefits - for you - and for those struggling to put food on the table.

Together, we will make a difference!

Choose from Hope’s flexible “Fitness” and “Nutrition” program options:

- 10 week **MORNING FITNESS CLASS** Tuesdays or Thursdays 9:30-10:30 am, January 12–March 22 (no class during March break)
- 10 week **EVENING FITNESS CLASS** Wednesdays 6:30-7:30 pm, January 13–March 24 (no class during March break)
- **PERSONAL TRAINING** - design a one-on-one work out schedule with Hope, flexible start date
- **WEIGHT LOSS PROGRAMS**, 4 week nutritional coaching and counseling program, flexible start date
- **HEALTHY EATING EXPRESS PACKAGE** – nutrition assessment, body analysis and meal plan

Proud sponsor:

To register or learn more, call Hope at 876-1044, email hrobbins@cogeco.ca or visit www.hoperobbins.com



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bath centre