

# It's time for Change!



## Kirmayer Fitness Center 2012 Transformation Challenge

**Program Starts January 30**

**If you would like to find out more about this program  
please attend on**

**Date:** *Monday January 9, 2012*

**Time:** *7-7:30 pm*

**Location:** *Kirmayer Fitness Center Auxiliary Room.*

- Get details about the program.
- Meet your trainer.
- Pick up an information packet.
- Ask questions

Contact [Jeff Sygman at 913-588-7702](tel:913-588-7702) for more information