



BEAMAN STUDENT LIFE CENTER

BELMONT UNIVERSITY

JUMPSTART WEIGHT MANAGEMENT PROGRAM

APPLY NOW! Spots are limited!

Name: _____

E-mail: _____

Phone: _____

Freshman Sophomore Junior Senior Grad/Alum Faculty/Staff

*There will be a mandatory meeting for all chosen participants on Jan. 22nd at 5pm or on Jan. 23rd at 10am in the Beaman Student Life Center.



This FREE 4 Week Program offers:

- One-on-one Personal Training 3 days/week
- A customized workout plan
- Before and after fitness assessments (to chart progress)
- A nutrition session
- Diet analysis

***MUST be able to meet 3 days/week on Monday, Wednesday, and Friday or Tuesday, Thursday, and Saturday**

Please return completed application to BSLC Access Control Desk by Tuesday, January 20th at 7pm.

B FIT • BU