

Louisiana  
Athletic Club

**C.O.R.E.E.**

6 week weight loss  
program

**WHAT IS C.O.R.E.E**

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### **CHANGE**

Promoting healthy changes for life-long health.

### **OPITIMIZE**

Optimizing nutrition and exercise potential.

### **RESET**

Resetting your mind and body for a healthy lifestyle.

### **EAT**

Fueling your body for optimal performance and health.

### **EXERCISE**

Exercising to increase muscle mass, increase metabolism and lose weight.

## **NUTRITION**

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WEEKLY SESSIONS PROVIDED  
BY OUR REGISTERED DIETITIAN.

**TUESDAYS AT 6 P.M. AT THE  
PINEVILLE GYM**

If you can not attend scheduled time,  
phone conference will be available.

### **EDUCATION TOPICS**

Will include macronutrients, meal  
planning, grocery store tour, ect.  
Education is based on the needs of the  
participant.

## **EXERCISE**

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**2-30 MINUTE EXERCISE  
SESSIONS PROVIDED BY OUR  
EXERCISE PHYSIOLOGIST**

If you can not attend the scheduled  
sessions, our exercise physiologist will  
provide you with a customized exercise  
program.

### **SESSIONS**

Monday and Wednesday

8:00-8:30 a.m.

8:30-9:00 a.m.

12:30-1:00 p.m.

4:00-4:30 p.m.

## **COST**

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\$ 250 MEMBERS / \$ 275  
NONMEMBERS