

Robin's Body Shop

NEW YEAR - NEW YOU

Transformation Begins

January 3 - February 11
2022

Monday, Wednesday, Friday
5:30am—6:15 am

(Register in Member Portal or at Front Desk
of Wellness Ctr)

\$128 members
\$147 non-members

Prizes awarded for most inches lost and % of
weight lost!!

Before pictures/measurements taken on Sunday,
Jan. 2 from 2-4 pm

*Please wear fitness attire for pictures

3797 Northside Dr

478-477-2300

fitnessabc@aol.com

www.navicenthealth.org/wellnesscenter

Select member portal tab to log in

(use scan card number as user and password for the 1st
time if not already logged in)

Head to courses/event schedule in blue button—make sure
to choose Jan 2022. Register now!

DID YOU KNOW? We have a new app! Look for
Wellness Center Atrium Health in your app store.



Wellness Center