



### **PLAN A**

Elite Wellness Solutions (EWS) JumpStart Program with Ethan Quant  
Every Wednesday at UB

The JumpStart Program is a 12-week lifestyle modification and behavioral change program designed to guide participants through the difficult transition period between where your mind and body are now and where you want them to be. Open to the public.

### **TOTAL INVESTMENT: \$255**

Total package includes:

- UBFIT Registration
- JumpStart Program
- Cooking Demos
- Saturday Sweat Classes

### **PLAN B**

Weight Watchers At Work  
Every Tuesday at UB

Weekly meetings with your Weight Watchers coach and your colleagues. Track your progress and see the pounds melt away. Open to the Public.

INVESTMENT: UBFIT Registration \$25 Adults/\$15 Students + Weight Watchers of The Bahamas \$148 for 12 weeks (VAT inclusive, no registration fee)

TOTAL INVESTMENT: \$173/\$163 (students)

### **PLAN C**

FREE SEMINARS & CLASSES

#### **Let's Get Moving!**

Every Monday & Thursday

3:30 p.m. – 4:30 p.m. or 5:30 p.m. – 6:30 p.m.

UB's Track

Walk, run or both with a buddy for the Couch to 5K Challenge. Download the official Couch to 5K app to track your progress. Build your miles each week with the goal to cross the UBFIT finish line in record time! Open to the public.

Free

#### **Culinary Arts and Tourism Studies (CATS) Healthy Cooking Demonstrations**

Feb. 8th, Mar. 8th, Apr. 12th

5:30 p.m. – 6:30 p.m.

Choices Restaurant

Learn from CATS experts excellent tips and tools for preparing healthy, tasty cooking options that you and your family will enjoy. Open to the public.

Free (must pre-register, maximum 25 per class)

#### **Let's Talk Health, Fitness, Life**

Dynamic panel lunch and learn workshops led by UB faculty, staff, alumni and friends of UB on a variety of topics focused on health, fitness and life.

Open to the public.

Free