

Program Time Line

Phase 1
Week 1-12

Basic Fitness and Nutrition

Phase 2
Week 13-26

Lifestyle Habits, Consistency,
Intensity, and Frequency

Phase 3
(Optional)

Maintenance

Program Coordinator

For questions regarding the

Pounds-A-Weigh Program, please

contact Rachel McGrath at:

713-703-4517 or

Rachel.mcgrath87@gmail.com



Program Features

Group lecture meetings every other week

- 30 Minutes of material or exercise

-15-30 Minutes of Q & A

- Daily journal and reference manual
- Polar heart rate/calorie monitor
- 30 Day supply of multi-vitamins
- Weekly accountability meetings with Fitness Advisor
- Initial meeting with Fitness Advisor & Program Director will consist of:
 1. Measurements & Body Fat %
 2. Goal setting
 3. Heart rate monitor set up
 4. Calorie set up (through Vitabot, on-line meal tracking website).

Additional Features

- Group workout classes 2x a week
 - Opportunity to form group workouts with fellow participants
 - Goal achievement awards

Member Program Cost

- Start up Cost \$403 (Phase 1 & 2 included in the cost)
- \$34 per each additional month for maintenance (Optional)

Non-Member Program Cost

- Start Up Cost \$543 (Phase 1 & 2 Included in the cost)
- Then \$49 per month for maintenance (Optional)

Additional
Program Consultants

Leanne Reid
lbreid@swbell.net

Memorial Athletic Club
and Aquatic Center
14690 Memorial Drive
Houston, TX 77079
281-497-7570

MAC For Women
14633 Memorial Drive
Houston, TX 77079
281-558-6691

Memorial Athletic Club



and Aquatic Center

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Since 1979*