



The Weight Is Over

The Weight Is Over is an 8 week program that focuses on tools and techniques for how to manage and lose weight. This in-person class will track participants progress in weight, body fat percentage, BMI, and waist-to-hip ratio.

3 Locations for Spring:

North County—Palm Harbor Community School

Wednesdays at 5:30-6:30pm

February 19—April 15

Mid County—Admin Building (Registration Closed)

South County—PTC: St. Petersburg

Tuesdays at 5:30-6:30pm

February 25—April 21

Interested? Register today: [The Weight is Over Registration](#)

If you have questions regarding the Weight is Over, please contact Jessica O'Connell at pcs.oconnellj@pcsb.org or 727-588-6134. Qualifications of a BMI of 25 and over may apply.

Employee: 1 credit

2 Board Family Spouse: 1 credit