

## Make the Most of Your New Benefit

Your WeightWatchers® membership includes a Kickstart session—an interactive virtual group session with a WeightWatchers coach that’s designed for members who are new to the program (or need a refresh). Join a Kickstart session—available seven days a week—that suits your schedule.

You must register for [WeightWatchers](#) before attending a Kickstart session.

### Kickstart Schedule

To join your session, click [this link](#).

Looking for detailed Zoom instructions? Click [here](#).

#### Sunday

9:45 am ET  
11:00 am ET  
1:00 pm ET  
3:00 pm ET  
6:00 pm ET

#### Monday

9:00 am ET  
10:00 am ET  
12:00 pm ET  
6:00 pm ET  
8:30 pm ET

#### Tuesday

8:00 am ET  
11:30 am ET  
1:00 pm ET  
7:30 pm ET  
10:00 pm ET

#### Wednesday

9:00 am ET  
11:00 am ET  
6:00 pm ET

#### Thursday

12:00 pm ET  
6:00 pm ET  
9:00 pm ET

#### Friday

9:00 am ET  
11:30 am ET  
3:00 pm ET

#### Saturday/Sábado

11:00 am ET

**12:30 pm ET\***

*\*Spanish session, first Saturday of the month only.*

*\*Sesión en español, únicamente el primer sábado de cada mes.*

2:00 pm ET

4:00 pm ET