



Winter Slimdown

If you would like to lose weight for the New Year, we have the perfect program for you! Here are the details:

When: This program runs January 16th-March 9th (8 weeks)

Who: This is a great program for anyone who wants to reach their New Year's Resolution goals! From a goal of 5 lbs to 50 lbs, this is for you!

Cost: ONLY \$7.50/week for members!; ONLY \$12.50/week! For non-members!

What: This program includes the following:

One personal training session per week

Complete access to the fitness center/gymnasium

Access to all fitness classes

One specific "Slimdown" fitness class per week

A program t-shirt

You can't beat this offer...or the results that you'll see!

Call to sign up today! 768-4550

