



LOSE 20 IN 2012

12 Week Fitness Challenge

Change your Life
January 9th - March 30th

Member Cost: \$180 per month
for three months

Non-Member Cost: \$229 per month
for three months

This is a great way to start the New Year right!! Flexible class schedules to accommodate your busy life. A variety of trainers to choose from. Have fun, learn new ideas, meet new people, and get results!!!

INCLUDES:

- 12 1-hour sessions of small group training per month (3 classes per week)
- Before and After measurements
- One nutritional counseling session per month
- Prizes!!

Sign up Today!

Contact Noelle Decker at
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