



Your Zone



Why Fitness



Lift Ticket



Lost & Found



TKO



You're invited to

Fitness Education Day



Reach



You're invited to

Fitness Education Day

Join us for a great day of fun and education. Learn about the latest in fitness. Demos, displays, refreshments & more!

**Join Now—Pay No
Joining Fee***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Bend, stretch, touch, jump, lift, skip. Just a few ways to shape up—let us show you a few more. Call today!

**1 Day Guest Pass
When Presented
at the Club
(by appointment)***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Join us for a great day of fun and education. Learn about the latest in fitness. Demos, displays, refreshments & more!

**Join Now—Pay No
Joining Fee***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Classes with a fun attitude. Try one of our **Total Knock Out** fitness classes. Call today!

**3 Day Guest Pass
When Presented
at the Club
(by appointment)***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Exercise it the key to longevity and an active lifestyle. Call today!

**Bring this card
in for 7 days of
FREE Fitness***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Weight bearing exercises— your ticket to a stronger, healthier body. Call today!

**1 Free Personal
Training Session***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



Because other people are counting on you to be healthy, fit & vibrant. Call today!

**1 FREE Group
Exercise Class
When Presented
at the Club***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.



We'll design the perfect fitness program for your age, body type, time available and even your budget. Call today!

**30 Days FREE Fitness
When Presented
at the Club***

*Expires November 10th.
Some restrictions apply.
Other membership plans available.

