



AFFORDABLE FITNESS



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You're invited to
FITNESS EDUCATION DAY



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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!
\$18⁰⁰ Per
Month Dues*

*Expires November 10th.
Advertised dues applicable for first three months on Lifestyle II Program.
Other membership plans available.



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No matter! A woman or man, young or old, fit or unfit...

We've got Workouts That Work.
Strength, cardio, flexibility, or even weight loss. We're ready to design you a Workout That Works.

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