

A black and white photograph of three women performing a downward dog yoga pose. They are arranged in a row, with the woman on the left having long dark hair, the middle woman having blonde hair, and the woman on the right having dark hair and wearing a striped tank top. All three are wearing athletic wear and have one arm raised high. At the bottom of the image, a white ECG line runs horizontally across the frame. The word "EXERCISE" is written in large, white, outlined capital letters across the middle of the image, partially overlapping the women's bodies and the ECG line.

EXERCISE

It's another word for
THE FOUNTAIN OF YOUTH

- We make it fun
- Provide you with professional guidance
- Get you the results you need
- Best fitness value in town!

Join Now!
\$18 Per Month
Dues*



1234 Fitness Lane
Anytown, ST 00000

000-000-0000

www.yourclub.com



*Advertised dues applicable for first three months on Lifestyle I Program,
at which time regular dues apply. Other membership plans available.