



**Your
Main
Squeeze**



**Spare
Tire**



**Hot Off
the
Press**



**May is
International
Fitness
Month**



**May is
International
Fitness
Month**



**Kick
Butt**



**Arms
Not
Included**



**You Get
the Point**

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

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

*Some restrictions apply.
Other membership plans available.



When you start one of our fitness programs we give you just about everything you need to look great. . . Certified instructors, great equipment & exhilarating classes. Call today!

**1 Free Personal
Training Session***

*Some restrictions apply.
Other membership plans available.



Well not exactly. . . Just call us today & we'll get you started on a great body shaping fitness program. That's the bottom line!

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

*Some restrictions apply.
Other membership plans available.



And it's a great opportunity for you to become part of the worldwide movement called fitness. Call today!

**Join Now—Pay No
Joining Fee***

*Some restrictions apply.
Other membership plans available.



And it's a great opportunity for you to become part of the worldwide movement called fitness. Call today!

**Join Now—Pay No
Joining Fee***

*Some restrictions apply.
Other membership plans available.



Nothing feels better than a good workout, and nothing looks better than a strong fit body. Start today!

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

*Some restrictions apply.
Other membership plans available.



This is way more fun & healthy than having one hang over your belt. Start today!

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

*Some restrictions apply.
Other membership plans available.



This is just one of a hundred ways to shape up. Call today to find out about the other 99.

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

*Some restrictions apply.
Other membership plans available.

