



# SPRING CLEANING

Spring is here, and it's time to start on your fitness goals. We have the programs available to help you get off to a clean start. Call today!

**Spring Cleaning  
Fitness Shapeup**

**6** Weeks **\$69<sup>00</sup>**  
For



1234 Fitness Lane  
**000-0000**  
**[www.yourclub.com](http://www.yourclub.com)**

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