



# FLEXIBILITY

A limber body is  
**A HEALTHY BODY**

- Flexibility programs
- Age gracefully and limber
- Reduce stiffness and pains
- Best fitness value in town!

**Spring Fitness  
MAKEOVER**  
**6** Weeks **\$69**  
For



1234 Fitness Lane  
Anytown, ST Zip

000-000-0000

[www.yourclub.com](http://www.yourclub.com)