



# 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)