



IF YOU HAVE A BODY

IT'S TIME TO SHED THOSE WINTER POUNDS

Start Today! Learn how to:

- Eat Right
- Get Fit
- Shape Up
- Get it done today!

JOIN NOW!

\$18 Per Month
Dues*

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



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Anytown, ST Zip

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