



**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.



1234 Fitness Lane
Anytown, ST Zip
000-000-0000
www.yourclub.com

