



# My Resolution This Year

To finally get started on a regular fitness program. Why don't you make a resolution to join me. After all, it's not just a resolution—it's a way of life.

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**Join Now & Receive a  
6 Month Companion  
Membership  
Absolutely FREE\***

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1234 Fitness Lane

**000-0000**

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

\*Some restrictions apply.  
Other membership plans available.

