

A close-up photograph of a person's midsection. They are wearing a white crop top and dark blue athletic shorts. A blue measuring tape is wrapped around their waist, and their hands are visible adjusting it. The background is blurred, showing other people in a gym or fitness setting.

FITNESS

A blue line graphic resembling a heart rate monitor trace, positioned below the word 'FITNESS'.

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TOTAL BODY HEALTH

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- Shape up now
- It's a whole new attitude
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*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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