



The new buzzword for  
**TOTAL BODY HEALTH**

- Lose that extra body weight
- Shape up now
- It's a whole new attitude
- Best fitness value in town!

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