



December Launch!

December 1, 2007

Who is invited?

- Anyone interested in improving their strength, muscle tone and shape, bone density, and overall general fitness.
- Non-members who want to get into group fitness at a great rate

What incentives are being offered?

- Bring a friend to sign for a 12 month group fitness program and get one month free
- Raffles including personal training sessions and Body Styles gear
- New clients- sign up with a friend- \$60 per month! Or Sign up and get one month free!
(12 month program) Regularly, \$89 per month per person

Limited spots remain to attend a body pump class during our launch. However, all are welcome to enjoy the food, festivities and specials offered! Come and be part of our team!

Body Pump Launch times:

8:00am-9:00am

9:30am-10:30am

Drop in fee of \$15 for non-members.
No free passes may be used for these classes.

