

A COMPLIMENTARY PROGRAM FOR ALL MEMBERS

SINCE ITS BEGINNING, SEVEN YEARS AGO "I LOST IT AT THE CLUB" HAS INSPIRED THOUSANDS OF AMERICANS - IN ALL 50 STATES - TO KEEP THEIR NEW YEAR'S RESOLUTIONS AND LOSE OVER 60 TONS OF EXCESS WEIGHT, EARNING THE DISTINCTION OF BEING ONE OF OUR NATION'S MOST SUCCESSFUL WEIGHT LOSS INITIATIVES.

COUNTLESS STUDIES HAVE SHOWN THAT REGULAR PHYSICAL ACTIVITY PLAYS A VITAL ROLE IN THE PREVENTION AND TREATMENT OF CHRONIC DISEASE. WITH OBESITY ON THE RISE, THERE IS A GROWING NEED FOR HEALTHY AND EFFECTIVE WEIGHT LOSS PROGRAMS LIKE "I LOST IT AT THE CLUB"

**CONTACT FITNESS DIRECTOR, THAD HUBBELL (OR ANY OTHER PERSONAL TRAINER) FOR ALL THE INFO.
ARE YOU READY TO TAKE THE CHALLENGE?**