

# FIT in 30

Weight Loss • Strength Training • Toning • Athletic Training

**We FIT Your Schedule! We FIT Your Life!**  
Have a **30 DAY** Goal? Let's Achieve It!

## Program Benefits:

- 4 (1/2 hr) Training Sessions
- 1 Month Membership
- Plan Customization
- Workout Calendar
- 4 Group Sessions
- Fit Evaluation
- Nutrition Plan
- Free Classes

Complete  
**30 Day Program**  
only **\$99**  
Start **May 22nd**  
or **June 7th**



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Results vary by participation effort.

