



Fit to be Tried

Open House

———— Saturday, January 8th, 2011 ————

9:30am - 2:30pm

Workout for FREE - bring your friends!
Great savings on membership - up to 50% off!
**Chance to win monthly membership and
personal training session!**

Sampler Showcase

- 09:30 'I Lost It At The Club' Orientation
- 10:00 Island Ride Studio Cycling
- 10:30 Benefits Of Personal Training
- 11:00 Zumba Fitness!
- 11:30 TRX Suspension Training
- 12:00 The Benefits of a Corporate Wellness Program
- 12:30 Body Sculpt
- 13:00 Body Combat
- 13:30 Nutrition Seminar with Dr. Kathy Fulcher
- 14:00 Yoga Flow

- 10-minute Mini Neck Massages will be available, from 10:00am til 2:00pm in the Member's Lounge



One life. Live it well.