



Fit to be Tried

Open House

Saturday, January 8th, 2011 • 9:30am – 2:30pm

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

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

One life. Live it well.