

Holiday Greetings Fitness Promotions

***Pilates Special– 4 Privates for \$120 (Regularly \$50 per Session)**

***Body Composition and Metabolic Analysis- \$50 (Regularly \$65)**

***Personal Training 5 for \$125**

***Free For Existing Members of Lifetime Results Personal Training:
Two Personal Training Sessions to give to anyone not currently in the
Program**

1 Private Pilates Session to give or take themselves

***For Existing Members of the Fitness Center– Friends of December
They can bring a friend without guest fees for the Month of Decem-
ber. Guest must fill out Guest Card with Member Services.**

Promotion Week Dec 13-17th

Free Mini Pilates Classes

See sign up sheet for times.

Free Robeks Smoothie Vouchers

&

Free Body Composition Test

For Participants