

# It's Fun to Get Fit!

Come Check Out  
Fairfax Racquet Club and Fitness Center's  
*State of the Art*  
**Lifetime Results Personal Training Center**

Specializing in Slow, High Intensity Exercise

*By moving slow, exercise is SAFER.*

*By greatly reducing force, chances of injury are greatly reduced.*

*By moving slow, exercise causes a greater and more thorough STIMULUS  
upon the musculature.*

*Because of this greater STIMULUS,*

*The Exercise is more EFFICIENT and requires less time,  
usually one or two 20 minute sessions per week!*

---

*Fairfax Racquet Club  
and Fitness Center's*  
**Personal Training Program**



**Complimentary Certificate**  
*for*  
**One Personal Training Session**  
**For You *or* a Friend**

New Personal Training Clients Only  
Offer Limited to One per Person and  
Cannot be Combined with any other Offer  
**(\$35 Value)**

Not redeemable for cash.

*Let us show you how to work out with minimal time  
while ensuring optimal results.*

Call Katy at 703.273.9276 to schedule the session  
with one of our knowledgeable Personal Trainers.

Authorization: \_\_\_\_\_

Expiration: \_\_\_\_\_