



Manager's Corner



Summer

Fitness

Maintaining my goal, to

keep on the path is

sometimes a challenge. To stay motivated, I find myself looking back, which helps me to look forward.

Over the duration, I have found certain habits I acquired, help me to stay focused.

I bring my lunches and snacks with me to work. I have added more activity to my schedule.

If I think about going back to my former self, I think about, how much better I play racquetball, softball, and Golf. I want to keep up with my 4 year old son, and be strong for the baby boy coming soon!

The thought of re-gaining the 13 pounds, is not an option!

Help someone you love

Stop by for a guest pass, to invite a friend in for one free workout?

Summer Tanning Specials

Keep that glow for that special occasion or just stock up for the winter months. Go ahead and get now!

10 tans for \$20.00 or 10 tans and a bottle of lotions for \$35.00

Get in TODAY!

Sculpt Your Body in Only 30 Minutes!

The Butt Blaster, Ab Flattener, Body Sculptor, or the Fat Melter, are just a few of our new 30 minute express workouts! Pick an area you want to work on and we will design a workout just for you! Get in, get out, get results! Contact Jeff today to get your FREE consultation!

Run Faster, Jump Higher, Be Quicker!

Spend this summer becoming a better athlete then go back to school next fall and blow the competition away! Dramatically improve your athletic ability with the Peak Performance Sports Training Program. This program is geared toward Jr. athletes 7-12th grade. Our special combination of strength training and plyometrics we can help the athlete jump higher, run faster, be quicker, improve balance and coordination. Learn the secrets the pros use! If you want to blow the competition away ask for Darian today for a free consultation!

Lose 20 lbs. in 10 Weeks!

Find out how with Think Light! There will be a FREE informational meeting on Tue. July 14th at 6:00 P.M. on the East side. You must sign up if you wish to attend the meeting. Space is limited so call 265-6928 today to reserve your spot!



LOST 50 POUNDS!

Weight Loss Adventure Boot Camp!

Are you ready to get serious, lose that weight, and get into the best shape of your life? Start your day off right with the Weight Loss Adventure Boot Camp! Starting in June, it will meet 3 times a week in the mornings for 8 weeks and comes complete with a tailored nutritional plan and 2 body diagnostic assessments! We might be inside, we might go outside, you won't know what to expect, it's an adventure! We are only taking a limited number of participants so sign the interest list at the front desk A.S.A.P. to reserve your spot!

JUST A FRIENDLY REMINDER

SUMMER HOURS BEGIN

JUNE 1ST:

Summer Club Hours

East

Monday - Thursday

5AM - 9PM

Friday

5AM - 8PM

Saturday

7AM - 7PM

Sunday

8AM - 5PM

West

Monday - Thursday

5AM - 8PM

Friday

5AM - 7PM

Saturday

7AM - 5PM

Sunday

10AM - 4PM