



QUICK START!

6 weeks with personal attention and results!
Individually directed, LEARN-TO-EXERCISE program. Learn safe and effective techniques to help you develop healthy exercise habits.

INCLUDES:

- 2 month membership benefits
- Six 1/2 hour personal training sessions *including equipment orientations and a specific workout program for YOU*
- Full pre and post assessments
- Instant results with significant attention!

Dates: January 11th-February 28th

Must register by December 31st

- **Purchase for a friend for the holiday!**
OR
- **Use it to get you started right away!**

**\$260 value
for *ONLY*
\$150!**

QUICK START!

\$110 savings

\$260 VALUE FOR ONLY \$150

Contact Liz Werstein at 309-444-8222 ext. 29 or
at lizw@fivepointswashington.org

