

Member Newsletter

Gym Info

We would LOVE to brag about you on our Before & After Board. If you're interested in letting us share your "success"

Please talk to Lori, our PT Manager for more details.



Wanted

Red Towels!!
Please help us be able to continue our free towel service. Bring back any red towels you may have in your possession.

Coming Soon

Don't forget to set your clocks back 1 hour on November 1st!!



Thanksgiving Hours
7am-12pm

"Last Chance Workouts"
Intense & Challenging workout sessions with Maggie & Jesse.

A great way to lose weight!
Need to "weigh in tomorrow? Hope to fit in that dress less snugly tomorrow night?" Let's burn off that fat!
Special pricing plans for groups of 2 or more.

Congratulations

"Nutrition By Stephanie"
Class members, Darby, Carolyn, Simi and Daria have lost a total of 25.5 lbs. 10, 1.5, 8, and 6 lbs. consecutively. And inches too!! Keep up the good work Girls! We're very proud of you!!!

Bring in visiting family and friends during the holiday season. See front desk for pricing specials.

"21 Day Weight Loss Challenge"
Lose the weight before the holidays! Early morning bootcamp style workouts in a group.
Monday, Wednesday and Friday 6:00am. Begins Monday November 2nd. Sign up now.



"Surviving the Holidays"
Let Stephanie keep you on track with our 8 week nutrition class. Thanksgiving thru New Year's. Classes start November 19th and will be held on Thursday's at 6:30pm.