

# November Highlights



*"The Strongest Name in Fitness"*

Our **"On Track" Holiday Contest** is underway and everyone is doing GREAT. Soon our days will get hectic but we still need to

**KEEP OUR WORKOUTS A PRIORITY!!**



If you're interested in learning how our Nutrition Consultants can help you, sign up at the front desk for a **FREE Nutrition Consultation!**

Rose, Stephanie, and Doreen are available at a time that best works for you!



at

**POWERHOUSE GYM, Plainsboro**

**Holiday  
"Wish" List**



*Let us help you get the gifts you **REALLY** want this year.*

*Fill out a "wish" list form with what you want and we'll make a "secret" contact to the friend or family member whom you'd like to receive it from. See the front desk for details.*