



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 12 WEEKS TO A HEALTHIER YOU

## 12 WEEK PERSONAL FITNESS PROGRAM

We're here to help you make exercise a habit. This program incorporates the cardio and strength training machines in our workout center. Your personal fitness coach will help you set attainable goals and monitor your progress. Make an appointment today at the Member Center.

The 12 week program includes:

- One-on-one appointments with your fitness coach that fits your schedule
- Easy to follow fitness program designed around your goals
- Instruction on how to properly use the equipment in the fitness center
- A Fitlinxx account to guide and track all your workouts



**THE 12 WEEK PROGRAM IS INCLUDED WITH  
YOUR MEMBERSHIP!**

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