



**FITNESS**



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**STRENGTH**



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Get strong today  
**STRONG IS GOOD**

- It's today's woman
- It's independence
- It's exciting
- Best fitness value in town!

**Join Now!**  
**\$18** Per Month  
Dues\*



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\*Advised dues applicable for first three months on Lifestyle I Program, at which time regular dues apply. Other membership plans available.

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The new buzzword for  
**TOTAL BODY HEALTH**

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- Shape up now
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