

UNIQUE TOTAL BODY

BETTER LIVING THROUGH BEAUTY, FITNESS & WELLNESS

FITNESS MEMBERSHIP HAS ITS UNIQUE BENEFITS

\$29.99 per month

(Includes full access to the gym; NO contracts; NO signup fees)

MEMBER BENEFITS

To maintain our **PRIVATE ATMOSPHERE**,
the # of Memberships will be limited to avoid over crowding.

For your convenience you may call in and reserve equipment,
so it is available when you arrive.

All Members will receive an additional **10% off**
your first Spa Service or Nutritional Products.

Receive one **Free Personal Training Session** when you sign up.

If you wish, we can guide you into a Custom Workout Program
to gain or lose weight.

We will record and track your Weight, Measurements,
Body Fat % and BMI.

We will figure out your Ideal Calorie Intake
to either lose or gain weight.

You will be able to keep your workout information on file at the gym,
so you will always have it when you need it.

We will reevaluate your progress whenever you like.

A Personal Trainer and Nutritionist will always be on duty
to answer any of your questions on nutrition or on your workout techniques.

FOR NON-MEMBERS

We have **Personal Training Packages** available if your looking to hit it hard with
a *Professional Trainer* and *Nutritionist* to get fast results that will last .