



I LOST IT AT THE CLUB

Is an 8 week program geared to jump start your healthy new year through overall wellness.

fitness
REVOLUTION

JOIN US JAN 8, 9, 10 FOR A FREE OPEN HOUSE AND KICK-OFF PARTY

I LOST IT AT THE CLUB

Fitness Revolution wants to help you "Lose It". This 8 week Biggest Loser program is designed to jump start or further assist you in achieving success in your individual fitness program.

PRIZES

INDIVIDUAL -- **ONE YEAR MEMBERSHIP!** to the person with the greatest percentage of weight loss!
TEAM -- the team with the most accumulated points will win a \$50 VISA gift card and will each receive a one month membership for FREE!

WHAT IS IT?

I Lost It at the Club! is an 8-week incentive program designed to help you achieve your healthy lifestyle goals. This motivational exercise and weight-loss program is designed to kick-start or renew your exercise program.

WHEN DOES IT START? -- REGISTRATION IS OPEN NOW - DEADLINE JAN 14

Program officially begins Jan. 8, 2009 - March 5, 2010

Still not sure? Join us for our OPEN HOUSE January 8, 9, 10, 2010 - bring your friends and family, join us for a class or just see what Fitness Revolution is all about.

WHO IS ELIGIBLE?

Current and new members, ages 15 & up

HOW DO I PARTICIPATE?

Teams of 5 participate - YOU choose your team -- If you don't have a full team of 5 we can put one together for you

WHAT IS THE COST?

New members -\$110 covers 8-week membership plus:

- educational seminars
- weekly e-mails with recipes, motivational tips and exercise ideas!
- team challenges
- weekly weigh-in & nutritional meetings to help you stay on track
- food/exercise journal
- \$1.00 off all BEACH BLENDS SHAKES

Once registered, participants will receive a basic health assessment and guidelines to get started. Tally sheets will be provided at the front desk and participants will record their activities to earn points.

SPECIAL OFFERS FOR I LOST IT ONLY!

TRX - 16 sessions

(2 per week) just \$12 each!

PERSONAL TRAINING - 8 sessions just \$35 each or 16 sessions just \$30 each

Personal training and TRX packages, valid 1/8/09 - 3/5/09 and expire on March 5, 2009 - no exceptions - not transferable. No splitting sessions. Current members are eligible for the special I Lost It At The Club training package but must be participating in the competition to purchase the package.

