



Free Try Pack

Join and get 3 introductory personal training sessions.

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Want to fast track your progress? Personal training is the way to go. Besides getting a workout customized to your goals and fitness level, you get exclusive focus from a certified fitness pro. Personal trainers motivate you to train at your peak level – optimizing both your time and effort. You'll gain knowledge of the equipment, proper stretching techniques, correct form and most importantly you'll see results more quickly than you would working out on your own.

Get a free Try Pack of three, introductory personal training sessions when you join in November.* The fitness service manager at your club can help you choose the trainer best suited to your schedule, fitness level and goals.

*Must purchase a membership to qualify for offer. Does not apply to Student memberships and 2-Week Trial memberships. Cannot be combined with any other offer. Free introductory personal training offer is a Try Pack, which consists of one 45-minute session and two 30-minute sessions. Sessions expire three months from joining date. No cash value. Not transferable. Offer expires 11.30.09.



MySportsClubs.com

http://www.mysportsclubs.com/deals/current/join_and_get_free_try_pack.htm