

Club *Fit*

Group *Fitness Coaching*

Get in the best shape of your Life!

Why Club Fit?

- ✓ We welcome all levels of fitness (from ages 17 and up)
- ✓ Groups are limited to six participants for best coaching results
- ✓ Nutrition guidelines developed by Nu-Fit nutritionist Laura Morris
- ✓ Lose weight and inches with the help of a professional fitness coach
- ✓ Create lean body tissue, strength, core stabilization, flexibility and improve cardio vascular recovery time.
- ✓ Monitor your progress with full body measurements and body fat percentage (optional)
- ✓ Affordable, convenient 4 week sessions
- ✓ Gain support and motivation from a group setting and training by a professional fitness coach to maximize your results.

Questions: Call/email Scott McCartney at smccartney21@yahoo.com / (978)580-6975

How to Register: Register at the front desk.



New program!

Club *Fit*

Group *Fit*ness Coaching

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New club fit schedule

| | | |
|-----------|-----------------------|-------|
| Monday | 5:30am,6:30pm | Scott |
| Tuesday | 6:00am,7:00am,10:30am | Scott |
| Tuesday | 5:30pm | Jason |
| Wednesday | 5:30am,6:30pm | Scott |
| Thursday | 6:00am,10:30am | Scott |
| Thursday | 5:30pm | Jason |
| Friday | 5:30am | Scott |
| Saturday | 9:00am | Scott |

4 sessions \$88.00=\$22.00 per session.

8 sessions\$160.00=\$20.00 per session.

12sessions\$216.00=\$18.00 per session.

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