

KICK-START

YOUR FITNESS JOURNEY TODAY!



NOT SURE WHERE TO START?

**SIGN-UP FOR A COMPLIMENTARY
KICK-START CONSULTATION. THIS FREE
CONSULTATION IS DESIGNED TO HELP EACH
MEMBER REACH THEIR FITNESS GOALS, AS
WELL AS GET ACCLIMATED TO THE FACILITY.**

**KICK-STARTS ARE LED BY OUR FITNESS
COORDINATOR AND PERSONAL TRAINER.**

**PLEASE SEE THE FITNESS DESK TO
SCHEDULE YOUR KICK-START TODAY!**

**MEET WITH A
TRAINER**

SET A GOAL

MAKE A PLAN

**ACHIEVE
SUCCESS!**

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