

KICK-START

Your Fitness Journey

MEET
WITH A
TRAINER

SET
A
GOAL

MAKE
A
PLAN



*Achieve
Success!*

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 certified Personal Trainers. Please see the Fitness Desk to schedule your Kick-Start, today!



www.pdlg.org

 @lagrangefitness

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**LA GRANGE
FITNESS**

