



# More than just a **WORK-OUT!**

*It's a Lifestyle!*



**A Health Club Perfect For You!**

**494-6446**  
**[lifestylecentre.net](http://lifestylecentre.net)**

# More than just a WORK-OUT!

*It's a Lifestyle!*



- Group Fitness Classes
- Personal Training
- Buddy Training
- Yoga & Pilates
- Senior Classes
- Tai Chi Chih
- Free Fitness Assessment
- Cardio Exercise Equipment
- High Quality Weight Machines



*A health club perfect for you!*



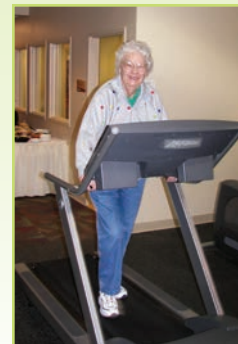
*Come work-out as you are!*



*More than just a WORK-OUT!  
It's a Lifestyle!*



802 W. Drake Rd., Suite 133  
Fort Collins, Colorado 80526  
970-494-6446



## Personal Training

Use our personal training programs to keep you focused, motivated and fit!

### Personal Training Packages

Singe Session . . . . .	\$35.00
Package of 5 . . . . .	\$150.00

### Buddy Training (2-4 participants)

*Working out is always more fun with a friend and more affordable!*

Single Session . . . . .	\$25.00/person
Package of 5 . . . . .	\$100.00/person

## Reflexology

Foot Reflexology is the application of pressure techniques used to reduce tension and alleviate the effects of stress.

Single Session . . . . .	\$45.00
Package of 3 . . . . .	\$120.00
Nonmember . . . . .	\$60.00

## Rossiter

Works on the body's connective tissue to restore it to its natural state increasing mobility and relieving pain.

Single Session . . . . .	\$35.00
Package of 4 . . . . .	\$120.00

### Nonmember

Single Session . . . . .	\$40.00
Package of 4 . . . . .	\$140.00

*\*\*All personal training sessions expire six months from date of purchase. No refunds.*



## Membership Rates

Individual . . . . .	\$35.00/month
Add on Family (each person) ..	\$15.00/month
Senior (55+) . . . . .	\$28.00/month
Aspen Club Member . . . . .	\$25.00/month

## Punch Card (No refunds)

Punch Card (10 punch) . . . . .	\$50.00
Senior Card (10 punch) . . . . .	\$40.00

*\*Punch Cards expire 6 months from date of purchase. No transfers.*

## Corporate Rates

3 - 25 memberships . . . . .	\$30.00/person
26+ memberships . . . . .	\$25.00/person

## New Member Orientation

Schedule your free 30 minute appointment at the front desk.

## Health Club Hours

Monday – Friday . . . . .	6:00 am - 6:00 pm
Saturday . . . . .	8:00 am - 1:00 pm





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