

Fit and healthy 2012



Will **Optimal Fitness, Health and Weight Loss**
TOP your New Year's Resolution List?



FREE SERVICES AVAILABLE WITH MEMBERSHIP:

- Exercise Machine Orientations - Fitness and Nutrition Coaching
- One on One Exercise Guidance
- Health Assessments and Personalized Exercise Programs

- No Hassles
- No Contracts!
- No Sign Up
Registration Fee!

**Convenience,
Affordability and Support**
available at the college's Fitness and Wellness Centers

- ✓ Sign up today for your **2012 Year Membership** or
Term Membership beginning January 3, 2012

Let us assist you in achieving your goals for the New Year

**Contact our Fitness and Wellness Centers today for more information on
membership categories and how to start your individualized program!**

**For more information contact Cookie Rosell at 305-237-0735
305-237-2838 - Gibson Center - Building 7, Room G139 and G110**