



2018 New Year, New You, NEW MEMBER SPECIALS

Special pricing & discounts! Offers expire 1/31/18

CALL NOW! 661-803-6568

Package #1: TOTAL BODY WELLNESS FUNCTIONAL BOOT CAMP

Was \$179.00, Now \$99.00., Buy 1 get 1 50% off for 2nd person (your first month)

- **Group sessions offered Mon, Wed, Fri at 6 or 9:00 a.m., 4, 5, or 6 p.m. and Sat. 9 a.m.**
- Full body muscular-skeletal assessment, Flexibility/ movement screening
- Body Composition and Girth Measurements, FREE 3-month re-evaluation
- Total Detox Program, Dietary Meal planning for optimal lifetime health and wellness
- Unlimited Small Group Training with Certified Trainers and Unlimited Support
- Full Club membership included

Package #2: 30-DAY BODY REBOOT INTRODUCTORY PROGRAM

Was \$159.00, Now \$79.00., Buy 1 get 1 50% off for 2nd person (your first month)

- **Group sessions offered Mon, Wed, Fri at 6 or 9:00 a.m., 4, 5, or 6 p.m. and Sat. 9 a.m.**
- Targeted Fat-Loss with FUNctional Fitness Training, Detox Program, Meal plan
- Unlimited Small Group Training & Support with Certified Trainers, Full Club Membership

Package #3: UNLIMITED GYM MEMBERSHIP

Was \$30/ mo., Now \$1 down, \$9.99/ Mo.

- Includes full access to our facilities plus a personal workout plan & 1 training session
- Access to our expert certified trainers and unlimited support

Package #4: *NEW* SENIOR FIT CLASS- "I've Fallen, and I CAN Get Up!"

Was \$139.00, Now \$99.00 for 8 weeks, Only 10 spots available

- **Group sessions Beginning January 15th, Mon & Wed 10:30-11:30 a.m.**
- Learn Stability, Mobility, Balance & Functional Fitness For Seniors from our Certified Trainers
- Recommended for 55+, caregivers & elderly parents who need to learn corrective exercises to lengthen, strengthen and stabilize weak muscles to help reduce risk factors of falling
- Please bring your walker if you have one!

Package #5: Personalized 1-on-1 Training Programs

Get Spoiled with the Best Personalized Training in the A.V. with Certified Trainers ! Package includes: Full body assessment, flexibility/movement screening, Detox, Eating for Optimal Health, Functional Exercises and Stretching tailored to your own body mechanics

Select Platinum, Silver, or Gold Packages; 45 or 60 minute sessions available

211 E. Avenue K-6, Suite C, Lancaster, 93535 MichaelsWellnessCenter.com

*****Payment Plans available*****