



Avid Weight Loss Club

- Weekly Weigh-Ins
- Diet Plan for each week
- Body Fat Analysis
- Body Measurements
- 7 Day Work-out Schedule
- Custom Avid Fitness Center Pass
- E-mail support and contact
- 1 Hour per week Personal Training



One Month: \$199.99_{+HST}
3 Months: \$359.99_{+HST} (20% savings)

Join any Time!

Phone 485-9580 for more information

AVID
Fitness
CENTER™

*Avid Members get 15% off

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