

# Feature Photo

## Fitness



### NO ONE HAS YOUR BACK, SHOULDERS AND LEGS LIKE US.

**JOIN FOR \$1**

OFFER AVAILABLE JAN 1ST - FEB 1ST

**SCHEDULE A TOUR TO LEARN  
MORE & GET STARTED WITH  
MAKING HEALTHY HAPPEN!**



**GET STARTED NOW WITH A FREE  
PERSONALIZED WORKOUT PLAN FOR  
AT-HOME AND/OR AT THE GYM  
THROUGH THE AF APP!**

(APP AND WORKOUT PLAN AVAILABLE TO MEMBERS  
AND NON-MEMBERS 😊)



Download on the  
**App Store**

GET IT ON  
**Google Play**



- ✓ Immaculate Facility & Friendly Staff Eager to Help
- ✓ Professional Guidance with Personal Training Programs
- ✓ Apple Fitness+ Subscription Included with Membership
- ✓ 24/7 Access to 5,500+ Locations Worldwide



➔

☎ **847-739-2575**

📍 **219 Waukegan Road  
Lake Bluff IL 60044**

➔

"A gym with professional and friendly staff, always making the best experience for the members. Clean and tidy facilities..."

★★★★★

"I love this gym!! Friendly staff, very clean. Finally found a gym that I love :)"

# Feature Photo

## Fitness



# snap fitness 24/7™



**218 St. Nazaire Rd  
Broussard  
337-839-8277**



# Feature Photo

## Fitness



**MD**  
Fitness

**START YOUR FITNESS JOURNEY TODAY!**

**NEW LARGER LOCATION**  
215 Rowell Dr  
Indian Trail  
980-308-1493

**JOIN NOW**



**JANUARY**

**GROUP FITNESS**

**PERSONAL TRAINING**

# Feature Photo

## Fitness



# FEBRUARY

## LIVE LIFE TO THE FITTEST



INSTAGRAM FACEBOOK



📍 2325 Hanover Drive, Monroe

📞 704.282.4680

🌐 [www.monroeaquaticsandfitnesscenter.com](http://www.monroeaquaticsandfitnesscenter.com)





# Feature Photo

## Fitness



**MONROE AQUATICS AND FITNESS CENTER**  
We've got it all!

# JUNE

It's the **Coolest Hottest** place to be!

**704.282.4680**  
**2325 Hanover Drive, Monroe, NC 28110**  
**[www.monroeaquaticsandfitnesscenter.com](http://www.monroeaquaticsandfitnesscenter.com)**

7 YEAR ANNIVERSARY

# Feature Photo

**Town Planner®**  
TOWNPLANNER.COM

## Fitness

**Sign up Now**  
**Your Body Will Thank You**



**MD Fitness**  
**NEW LARGER LOCATION**  
**215 Rowell Dr**  
**Indian Trail**  
*Off 74 near Panera*  
**980-308-1493**  
**mdfitnessduo.com**

**September**

NCMCC



Feature Photo

# Fitness

