

# Member Newsletter

## Gym Info

### Holiday Hours

Christmas Eve: 5am-2pm  
 Christmas Day: Closed  
 New Year's Eve: 5am-2pm  
 New Year's Day: 7am-2pm



Give your family & friends the gift of health this season. While they're visiting, keep up your workouts! See the front desk for Guest Pass details. We'd love to meet them!



## FEATURING

**"Give the Gift of Health"**  
 We have many gift ideas to help you with your shopping. Please visit our Holiday Gift table for ideas. Talk to a staff member for help.

**"Holiday Wish List"**  
 Is there something we offer here that you've been wanting to get for yourself but never did? Perhaps a Heart Rate Monitor? Personal Training? An Exercise Log Book? Ask for what you really want this year!

Fill out a Holiday Wish List, include the name of your family member or friend who would like some gift ideas for you, and we'll call them "secretively" so they can "surprise" you on the big day!

## "Think Ahead"

The New Year is almost here. Start thinking NOW about your fitness goals and what you want to accomplish. Feel free to talk with a trainer about ideas to get on track and what you should be doing.

We're here to help!



## WISHES

The staff here at the Fitness Zone would like to wish all of you a Safe & Happy Holiday!!

We appreciate you being with us throughout the year. We look forward to helping you with your Health & Fitness Goals!

Please let us know how we can be there for you!