



“The Strongest Name in Fitness”

December Highlights

KEEP YOUR WORKOUTS A PRIORITY!!

Our “On Track” Contest participants have been doing a great job of keeping their workouts a priority. Only a couple of weeks left! We’re so proud of you!

Biggest Winner

An 8 week **weight loss program** that includes personal training, nutrition classes and more!

Actually *KEEP* your New Year’s Resolution this year!

Contest begins January 16th!!

Talk to us for more details!!



at

POWERHOUSE GYM, Plainsboro



10 Schalks Crossing Rd, Plainsboro, NJ 08536
609.799.2800

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WATCH FOR DETAILS

January 21st

POWER LIFTING SEMINAR

with Steve

Hands On/ Q & A

