

HEALTH 'N FIT 2010

Nimkee

Why miss out
on this
FREE
opportunity?

What are you
waiting for?
Next year?
How 'bout 2010

The Time is Now!

Have you been waiting too long to take steps in becoming healthy or fit? There is a FREE chance to do just this at Nimkee Fitness. This is an opportunity that you don't want to pass up. Now is the perfect time to join others in this similar struggle while having similar goals that you've always wanted to attain. It will be an empowering experience without a doubt, and something that you will be so glad that you put forth the time and energy to make happen. Guaranteed!

The Staff for U!

In this program, you will have the opportunity to work with Nimkee Fitness personal trainers and Nimkee Public Health professional staff, which includes a nutritionist. Staff will be there to help you develop a lifestyle that is sustainable and left feeling healthy and fit. Be ready to make 2010 the year that you succeed with the help of a staff that is "for U" in succeeding!

Who's it for?

Health 'N Fit is especially designed for individuals who know they need to start an exercise program, but just don't have it in them to stay consistent with it. It's also for the person who has been exercising, but would like to join others and get new insights into your exercise routine. Really the truth is, it's for EVERYBODY who wants to stay consistent and do it with others!

Let's Start Exercising!

We all need help staying with an exercise program. Well, the Nimkee Fitness Personal Trainers have developed 3 excellent options to keep you going for the next 6 weeks! Firm up by trying the Tread'n Tone program, or keep moving while burning some calories by circuiting your toning program, or join the life of our group exercise classes by doing the GE Energy program. Regardless which one you pick, it will lead you to feeling better than ever!

Team Up – To Fire Up!

Get Coached in Class!

1 on 1 Nutrition Counseling!

Coming to the Nimkee Fitness Center February 8th: Call 775-4694 for more info
A 6 WEEK PROGRAM THAT WILL MAKE A DIFFERENCE!