



More than just a **WORK-OUT!**

It's a Lifestyle!



A Health Club Perfect For You!

494-6446
lifestylecentre.net

More than just a WORK-OUT!

It's a Lifestyle!



- Group Fitness Classes
- Personal Training
- Buddy Training
- Yoga & Pilates
- Senior Classes
- Tai Chi Chih
- Free Fitness Assessment
- Cardio Exercise Equipment
- High Quality Weight Machines



A health club perfect for you!



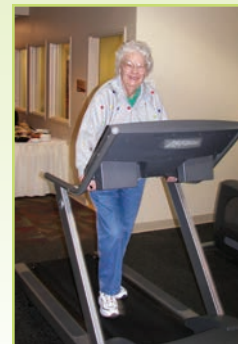
Come work-out as you are!



*More than just a WORK-OUT!
It's a Lifestyle!*



802 W. Drake Rd., Suite 133
Fort Collins, Colorado 80526
970-494-6446



Personal Training

Use our personal training programs to keep you focused, motivated and fit!

Personal Training Packages

Single Session	\$35.00
Package of 5	\$150.00

Buddy Training (2-4 participants)

Working out is always more fun with a friend and more affordable!

Single Session	\$25.00/person
Package of 5	\$100.00/person

Reflexology

Foot Reflexology is the application of pressure techniques used to reduce tension and alleviate the effects of stress.

Single Session	\$45.00
Package of 3	\$120.00
Nonmember	\$60.00

Rossiter

Works on the body's connective tissue to restore it to its natural state increasing mobility and relieving pain.

Single Session	\$35.00
Package of 4	\$120.00

Nonmember

Single Session	\$40.00
Package of 4	\$140.00

***All personal training sessions expire six months from date of purchase. No refunds.*



Membership Rates

Individual	\$35.00/month
Add on Family (each person) ..	\$15.00/month
Senior (55+)	\$28.00/month
Aspen Club Member	\$25.00/month

Punch Card (No refunds)

Punch Card (10 punch)	\$50.00
Senior Card (10 punch)	\$40.00

**Punch Cards expire 6 months from date of purchase. No transfers.*

Corporate Rates

3 - 25 memberships	\$30.00/person
26+ memberships	\$25.00/person

New Member Orientation

Schedule your free 30 minute appointment at the front desk.

Health Club Hours

Monday – Friday	6:00 am - 6:00 pm
Saturday	8:00 am - 1:00 pm





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