

## GET STARTED WITH A PERSONALIZED FITT KIT!

- **What is a FITT KIT?**
  - Includes a comprehensive assessment on our Microfit System (resting and fitness level measurements\*)
  - Learn what FITT means and find out where your fitness training should begin
  - Receive one free 30 minute training session
- **Who's Eligible?**
  - All current members at least 16 years of age
    - Limit 1 FITT KITT per member annually
    - Nontransferable
- **How to Sign-Up:**
  - Fill out the registration slip and place it in the box
  - A trainer will contact you within seven calendar days to schedule your session

\* Fitness testing determined on health history questionnaire and customer preference.