



# ACHIEVE YOUR GOALS CHANGE YOUR LIFE

## JOIN FOR \$25

*For a reduced enrollment fee, you can join Centegra Health Bridge Fitness Center today and enjoy the benefits listed below (valued at \$300):*

- Locations in Crystal Lake and Huntley
- Free BRIDGE TO SUCCESS consultation (\$300 value)
- Over 200 group fitness classes weekly
- State-of-the-art indoor tennis courts and running tracks
- Warm water therapy, leisure and lap pools

Your **BRIDGE TO SUCCESS** consultation includes:

- Personal training sessions
- 30-minute nutrition consult with a registered dietitian
- Customized fitness plan
- A Centegra Health Bridge Fitness Center Gym Bag (while supplies last)