



21

days to create a habit

90

days to change your lifestyle

Reach your fitness goals at Centegra Health Bridge Fitness Center. Join for just \$21.90 and start your membership with our complimentary Bridge to Success consultation, which includes a personalized fitness road map, nutrition consultation and two personal training sessions.

FITNESS CENTER PROGRAMS

- **New!** Be Fit Challenge
- Free fitness demos with personal trainers
- Over 200 group fitness classes
- Access to Pilates Reformer classes
- Tennis lessons for all ages
- Free Yoga School for Beginners program
- Family-based activities and child care at KidZone

CENTEGRA HEALTH BRIDGE FITNESS CENTER

200 E. Congress Parkway | Crystal Lake
10450 Algonquin Road | Huntley

*Offer expires February 28, 2018. Some restrictions apply.
Must be 12 years or older to join.*

Centegra
Health Bridge
Fitness Center
ALWAYS LOOKING AHEAD™

Call 815-444-2900 to schedule
your tour today.