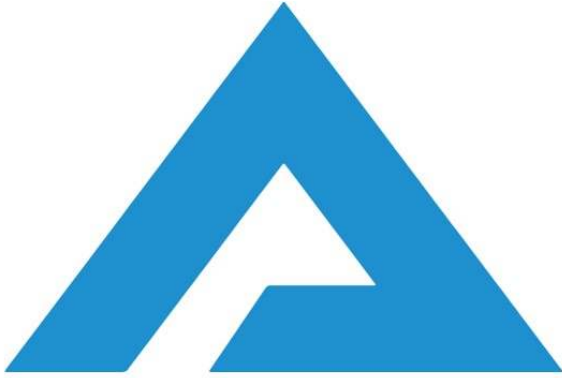


PERSONALIZED FITNESS



APPLIED **FITNESS** SOLUTIONS

SCIENCE ▲ SYSTEMS ▲ RESULTS

You and yours can get fit together with one month of circuit training class with a fitness coach for two people at **Applied Fitness Solutions**.

VALUE: \$299



ONE-ON-ONE PERSONAL TRAINING

Two, one-on-one personal training sessions with **Gretchen Meyers** and a Fitness Gift Basket from **Probility Physical Therapy**. Gretchen is a Kettlebell and TRX certified instructor.

VALUE: \$290

the
distance



TRAINING FOR LIFE

One month unlimited access gym
membership to Manchester's

The Distance.

The Distance provides Boot Camp classes to
residents of Manchester, Ann Arbor, and the
surrounding communities.

VALUE: \$75



4-Class workout pass at Orangetheory Fitness, plus a water bottle and towel. After your workout, treat yourself with \$25 Gift Certificate to **PoCai**. Hand-held-healthy acai bowls, poke bowls, toast, and salads.

VALUE: \$140

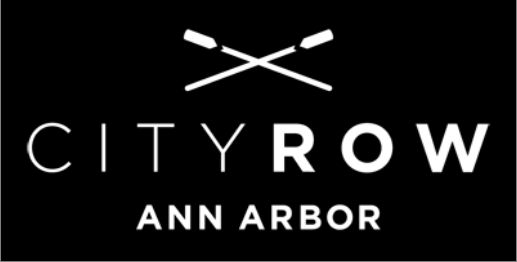
WORKOUT 1!



Try something new with 5 classes at Saline's **Workout 1** (new members only)

“Train your core from the inside, out. Make it completely balanced, stable and, best of all, functional.”

VALUE: \$75



ROWING AND SO MUCH MORE!

Brand NEW to Ann Arbor. Give it a row!
One Month Membership

401 E Liberty Street
Ann Arbor

VALUE: \$225