



WEYMOUTH CLUB

More than Fitness... It's a Way of Life!



HealthyCARE™

**Commit to get fit!
PROGRAM™**

Fitness • Nutrition • Stress Management

90 Days To Change Your Life!

**Commit to Get Fit is a 13 Week Lifestyle Program
Open to Members & Non with full club access
for 90 Days**

Healthy, reasonable weight loss
Improved flexibility, energy, strength & cardiovascular fitness
Education on how to eat and exercise right!



**FREE
YOURSELF**
from
Diets,
Fatigue
& Stress!



**Next
Sessions**
**Monday
October
23rd
6-8pm**

**Bay State Physical
Therapy Clients,
Enroll Now &
Receive 10% Off**

For Info Please Call **781.337.4600**
or email **mfay@weymouthclub.com**