



**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**

**Thursday  
Sept 7th  
6-8pm**



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

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