



*Reach your goals,
maintain your Fitness!*

TRY OUR **ZONE** PROGRAM. LEARN HOW TO ACHIEVE AND
MAINTAIN A FIT BODY FOR LIFE!

GOOD NUTRITION AND CHALLENGING WORKOUTS ARE ONLY
PART OF THE EQUATION.

IN **ZONE** YOU'LL TAKE THE NEXT STEPS IN ACHIEVING A LONG
TERM HEALTHY LIFESTYLE.

YOU'LL BE AMAZED AT WHAT YOU CAN ACHIEVE IN **THE ZONE**.

FOR MORE INFO PLEASE CONTACT:
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