



404 Rounds Drive
Fenton, MI 48430
810-750-0351
www.fentonfitness.com

How can we help you?

Everyone at some point in their life has that moment when they realize that they need to do something about their shape and physical condition. A lecture from your family physician, an episode of back pain, or difficulty keeping up with the grandkids. Any of these events can lead to the conclusion that your body is not what it used to be.

Most of us also feel the personal pressure of having a friend who lost weight, clothes we have outgrown, or a scale that is traveling in only one direction. Throw in the occasional divorce, a wedding party, or class reunion and most of us have all the stress we need to do one of two things: proceed to get more out of shape, or finally do the smart thing and actually consider that this fitness stuff everyone is talking about might actually work.

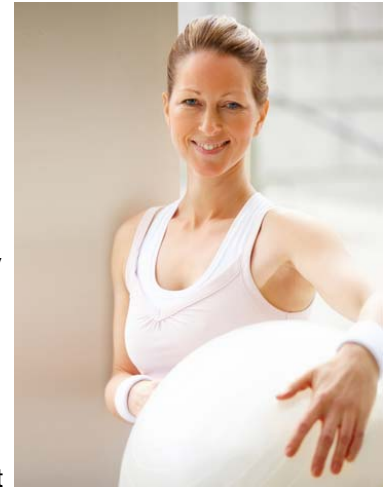
Those first few moments of awareness are usually about losing a few pounds and just looking better, but eventually you move beyond what getting in shape does for your physical appearance to what fitness can do for your health and long term well being. Being overweight and out of shape not only makes you feel bad about yourself, but it might also be affecting the quality of your life and even how long you actually live. Fitness makes sense, but without one of the motivators mentioned above, we usually don't do anything about it.

Where do I start?

We grab magazines, listen to talk show fitness gurus, buy an infomercial product and get started. The sad thing is that fitness is frustrating and hard to do on your own. If most people don't get results during the first month or so they quit, and getting any kind of measurable results from a magazine article is almost impossible.

If your goal is to get in shape, change your health, and get results as quickly as possible, then start with professionals. A fitness program individualized for you and what you are trying to accomplish, coached by an experienced fitness professional has been proven to be the best method of reaching your fitness goals.

At **Fenton Fitness & Athletic Center** we have been guiding first time exercisers and long-term trainees for the last thirteen years. Joining our fitness center is the first step, and the right step to get you started on your journey to fitness. And remember, no matter what reason gets you thinking about the need to change, at **Fenton Fitness & Athletic Center**, we provide everything you need to take that important first step.



We change lives.

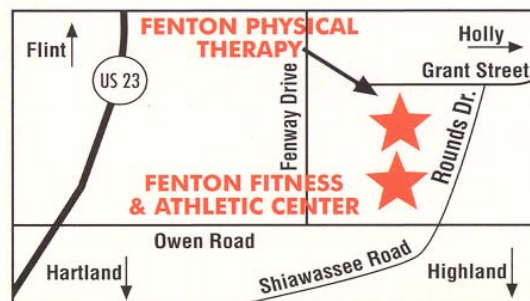


Bring in this coupon and receive

30 days for only \$19!

*Certain conditions apply

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Real members. Real stories.

Six years ago, Barbara & I purchased a lake home in Fenton. After 20 years of disregarding our upper body strength, we desired to water ski once again. At that time, a brochure came in the mail from Fenton Fitness & Athletic Center, located close by, where the staff and members are friendly and welcoming. We began attending Body Pump classes and enjoy the encouraging, knowledgeable, and inspiring instructors. There are lots of choices for classes which fit our busy schedules. Also, state of the art equipment, and members who are serious about their workouts provide motivation. A side benefit to maintaining personal fitness has been our continued ability to ski the double black diamond runs in Utah and Colorado without the aches and pains of the past. Barbara & I are thankful we discovered the professional fitness team at FFAC.

—Tom



I have to admit, after never belonging to a gym before, that walking into Fenton Fitness for the first time was intimidating. I didn't know what to expect, but that feeling was soon alleviated by the friendly smiles and helpful staff. I began working with a personal trainer, Craig, twice a week. He always has a positive attitude and has encouraged me to accomplish exercises beyond anything I could ever imagine—while having fun along the way. As a result, I've lost weight and my clothes fit much better. Now I enjoy going to the gym and it has become a part of my routine. I look forward to seeing the friends I have made.

So, if you are like me and feel that a gym is intimidating, please don't let it stop you. It takes work and dedication, but it is worth it for your physical and mental well being. I highly recommend joining Fenton Fitness—you'll be glad you did.

—Victoria

I joined Fenton Fitness mainly to get in better shape and improve my health overall. I soon found out that this gym offered so much more than I imagined. They have an incredible selection of classes at different times throughout the day, quality updated equipment, and personal trainers that keep me well informed and motivated.

I am now hooked on the Extreme Conditioning class, and am enjoying the great results I have received from it. Being surrounded by a staff and other members that are continuously upbeat, and in such a professional and clean atmosphere makes for a wonderfully positive experience that I truly appreciate.

—Julie



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