

BODY matRx FITNESS

Where The New You Begins!



DECEMBER 2009

NEWSLETTER

VOLUME 1 ISSUE 1

The "Match Game" Win \$300.00!

The Holiday Season is well underway and we at Body MatRx Fitness hope to see you frequently to maintain your healthy lifestyle. The months of December and January are "Buddy Referral Months". So you may give the best gift of all – the Gift of Health, – we have included a guest pass that allows you to introduce a friend or family member to your club. (if your own membership has expired, please feel free to use one for yourself). This pass will allow the recipient to try our club for 12 consecutive days; (at \$10.00 per day for a guest rate, that is a \$120.00 value!) If you are a current member and your referral joins on any standard annual or bi-annual plan, you will receive a card for our new "Match Game". When all of the hearts and diamonds from a deck of cards are gone, we will have a party, draw a card from another deck, and someone will win \$300.00! Come and enjoy the fun – it may be worth the money!

12 DAYS OF FITNESS COMPLIMENTARY

Your 12 Days of Fitness must start by January 21, 2010.

BODY matRx FITNESS

Where The New You Begins!

183 INDUSTRY DRIVE
PITTSBURGH, PA 15275
412-787-1518



FREE
TANNING SESSION

30% OFF
ANY MASSAGE

This offer is for New Members Only.
Must be 18 yrs. old or accompanied by an adult.

Certificate Entitles You to
12 Consecutive Days Use of:

- ~Strength Training Circuits
- ~Free Weights
- ~Treadmills, Bikes, Cross trainers & Ellipticals
- ~On Site Nutrition Products
- ~Tanning Bed
- ~Free Parking - Low Traffic Area
- ~Spinning
- ~Group Exercise
- ~Affordable Personal Training
- ~Clean and Comfortable Atmosphere
- ~Results Oriented Exercise Programs
- ~Child Care
- ~Massage Therapy
- ~Much More

Add **SPICE** TO YOUR LIFE!

Body MatRx Fitness is please to announce a new program which has been designed especially for beginners to the weight lifting world. **SPICE (Supervised Personal Introduction to Custom Exercise)**, is beneficial for people of all levels of health but can be customized for anyone with past health problems, anyone who is unfamiliar with circuit equipment or anyone with a particular goal in mind for their exercise needs.

You will receive:

- Complete medical history review
- Body Fat Test/Measurements/Weigh-In
- Custom designed exercise program
- Nutritional review and eating plan
- 2 program reviews with updates
- Final Body Fat Test/Measurements/Weigh In (week 10)

The **SPICE** program is valued at over \$200.00 It is now being offered at an introductory rate of only \$29.00 to current Body MatRx Fitness members!

183 INDUSTRY DRIVE :: PITTSBURGH, PA 15275 :: 412-787-1518 :: BODYMATRXFITNESS.COM



Give the Gift of Health

Three month Perfect Gift

Three month membership
One personal training session
Unlimited tanning for one month

Only **\$189.00**

**Valued at over \$280*

Six month Perfect Gift

Six month membership
One personal training session
Unlimited tanning for one month

Only **\$299.00**

**Valued at over \$490*

Give them everything

Three month membership
One personal training session
Unlimited tanning for one month
One hour massage

Only **\$239.00**

**Valued at over \$340*

Pamper her

One hour massage
Unlimited tanning for one month

Only **\$59.99**

**Valued at over \$135*

Just for Him

One hour massage
One personal training session

Only **\$59.99**

**Valued at over \$90*

Gift Certificates

Three month membership **\$149**
Six month membership **\$269**
Unlimited tanning for one month **\$39**

**Based on month to month membership rates*



Attention Early Birds!

Start your Friday mornings with a great workout!

Join Us Friday Mornings

5:30 - 6:15 AM

Group cycle with Erin beginning Friday, December 4th



Coming soon Wedding Party special

(look for more details in January's newsletter)