

Hey Well Rounded Athletes~

One week to your 1/2 way Body Comps.



Are you on track?

If you have any questions about diet or supplements ask *NOW*~

Are you doing your extra interval cardio on M/W/F and Sunday?

Are you eating *all* your meals?

Are you giving 100% in every workout?

Is your mind set right?

Are you doing all the *small* things to have

big results

in that body comp next week?

If you need help email me or ask any of us. That's why we are here...

Please sign up on Monday or Tuesday at the front desk for your body comps.

Please, please check your cars, workout bags and clothes hampers for our towels.

You are more than welcome to use them while in the facility,

however that's where they should stay.

☺
Thank you.

Also, we offer you a facility unlike any other.

Please take that into consideration while using *your* club.

Please place your gum in the garbage.

Take off all muddy shoes in the foyer.

Recycle your plastic bottles. (it's good for the environment)

One more thing~

Anyone who owes payments, your second payment is due now.

Thank You

~Kim