

September 11th



Transformation Competition

- ◆ 4-weeks of group strength and conditioning classes
- ◆ Circuits, Tabatas, Aerobics, Strength, Kickboxing and more
- ◆ Seminar, Fitness & Nutrition, Sept. 13th
- ◆ Most improved body composition wins Kindle Fire



Get FREE Stuff!

Water bottles at check-in
T-shirts at check-out

\$75

Sign up in the Fitness Center or email
Dana.Shorb@aspenhillclub.com
For more information, call
301.598.5200, ext. 123

**September is National
Childhood Obesity Month.
Help us support healthier
children!**

1% body fat lost = \$5.00 Donated

