



WE WISH YOU AND YOURS A
*Happy, Healthy,
Holiday Season!*

**INTRO TO
PERSONAL TRAINING
\$325**

- Fitness Consultation
- 5 1-hour Personal Training Sessions

Establish a baseline at the Fitness Consultation and then start working on those fitness goals with 5 1-hour personal training sessions.

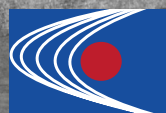
*(New clients only/ 1 per person/
paid in full at time of purchase) Includes
1-month membership for Non Members.*

**MYZONE WEARABLE
TRAINING PACKAGE
\$149**

- MYZONE Belt
- Fitness Consultation
- 1 Hour Personal Training Session

Effort is a choice and with the MYZONE Activity Belt you can see and track effort level. Establish a base at the Fitness Consultation and then learn how to utilize the MYZONE to achieve those goals during the Personal Training Session.

*We've got your
gift giving covered...*



CEDARDALE
HEALTH & FITNESS

**NEW YEAR
JUMPSTART
\$149**

- Fitness Consultation
- Nutrition Session
- 1 Hour Personal Training Session

All the pieces are here to get you or your loved one started on the path towards a healthy lifestyle!

*(Includes 1-month membership
for Non Members.)*

**TENNIS LESSON
PACKAGE**

(Limit one per person)

\$199

3 1-hour private tennis lessons with one of Cedardale's Tennis Professionals. Great for the beginner or serious player.

(For Members only / Non-Repeatable)

**AEROBIC
DOUBLES
10-PACK
\$150**

Enjoy 10 Aerobic Doubles classes at 15% off!

(For Members Only)

Purchase offer for the above packages expires 12/31/2017.

General Club Gift Certificates area also available in any denomination good towards membership, club programs and pro shop related items.

