

Club News

Columbia Court Club

Special points of interest:

- New Year Resolution?
- Hire A Trainer Today—You're Worth It!

New Year Resolution?

First off, we'd like to extend our sincere appreciation to all of our long-term members and also to those members who have recently joined for their trust and support. We value each and every member and as the spot light turns in our direction, (January and February are the busiest months for us) it's time to once again demonstrate to our membership what we have to offer—***improved personal health and the joy of an active healthy lifestyle.***

The Club provides all three of the essential components necessary to give each member the highest possible venue to achieve their fitness goal; supportive staff, diverse facility with many exercise options and access to certified trainers.

Without these essential fitness components the ability for most

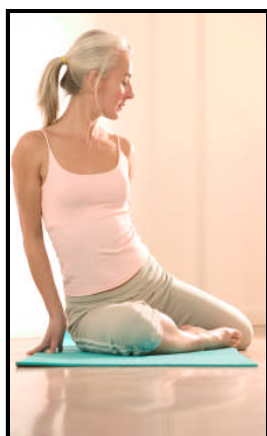


to achieve then maintain a fitness goal is extremely difficult if not impossible for most. If you've made a new year resolution to lose weight or get fit you already belong to the best place to make it happen for you, your club, cause

CCC is where your fitness is our business.

41 Million

The number of Americans estimated to have pre-diabetes. Most people with pre-diabetes develop type-2 diabetes within a decade, unless they make changes to their diet and physical activity that results in a loss of about 5-7% of their body weight.



Hire A Trainer Today—You're Worth It!

Do you need someone to turn the lights on for your weight loss or exercise program? Without the guidance and experience provided by a trainer your effort to get fit or lose weight is more like playing darts in a room with the lights off! Or an even better example would be a comparison of the hit TV show "The Biggest Loser", can you imagine those folks without

trainers?

A trainer can turn the lights on for you; you'll be able to see the target and much more. If you've tried to lose weight or just get to a better fitness level and you want to save time and frustration hire a personal trainer. Get the results you desire and make the lifestyle changes you've always wanted

with the help of a trainer today!

CCC is Exceptional Service & Results Achieved On A Personalized Basis.



Personal Training Packages

Number of session	Cost per session	Savings	Cost per package
1	\$35.00	N/A	\$35.00
5	\$35.00	N/A	\$175.00
10	\$34.00	\$10.00	\$340.00
15	\$33.00	\$30.00	\$495.00
20	\$32.50	\$50.00	\$650.00
35	\$30.50	\$157.00	\$1,067.00
50	\$30.00	\$250.00	\$1,500.00

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- All Personal Training Sessions are to be pre-paid.
 - 24 hour cancellation notice required

Reach your goals, Adhere to a program, Achieve results with a Personal Trainer.

First initial visit is \$15.00.

