

You have
a goal.
We have a plan!

Personal Training

**OPEN
HOUSE**

at **GOLD'S GYM**

Lagrange & Fishkill
Monday, February 15, 2010

- Personal Training Demos from 9:00 am - 12:00 pm & 6:00 pm - 8:00 pm
- Speak with a trainer and receive a free Body Fat Analysis
- Free Access to Gold's Gym Lagrange & Fishkill all day for everyone
- Raffles and prize giveaways
- Free shake bar samples
- Childcare available, please call for details



Fishkill, 982 Main Street • 896-3300
Lagrange, 258 Titusville Road • 463-4800

No Excuses!

Our Trainers make the difference!

www.goldsgym.com/hudsonvalley

