

UPCOMING PILATES SESSION 8/18-9/20

- 10 classes \$25.00 for Members
- 10 classes \$92.50 for Non-Members
- Please register at the front desk

It's not too hot to work out!

On those record hot days in August if you do not want to hit your regular workout try one of our **Aqua classes** to stay cool. Do not underestimate the intensity of this workout!

Friday 6:15am Cycle class has moved outdoors. Bring your bike and ride with the group!
(Fridays through August)

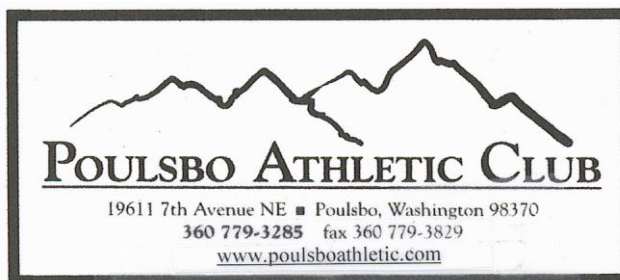
Bag Boxing Is Almost Here!

Strength, Cardio, Coordination, Balance and Stress relief all packed into one great workout! Keep your eyes out for signs with the debut date. (Gloves will not be provided)

Like Us on Facebook

[Facebook.com/PoulsboAthleticClub](https://www.facebook.com/PoulsboAthleticClub)

Updates will be posted regarding power outages, inclement weather, fitness class changes and club events.



August 2016

LABOR DAY WEEKEND CLUB CLOSURE

The club will be closed
Friday 9/2 - Monday 9/5
for annual building
maintenance.

Regular club hours and fitness
class schedules resume on
Tuesday 9/6

GYM TOWEL REMINDER:

**DID YOU REMEMBER TO DROP OFF YOUR
USED PAC TOWEL?**

We are experiencing a shortage of gym towels. Please check if you have accidentally taken one home or left one in your gym bag. We know it's easy to do. Thank you.

SUMMER PERSONAL TRAINING SPECIALS

- **Fitness Assessments and 4 Sessions \$235**
This package allows you to assess your current fitness level, set measurable goals, receive a personalized fitness program, and additional sessions with a trainer to make sure you are on the right track.
- **8 Session Special \$325 or 16 Sessions for \$595**

**Prices do not include sales tax.*

SAVE BIG!

**Annual Dues Special
Extended through
8/15/16**

Check our posted flyers or with
the front desk for pricing.

SALE!

**Polar A360 24/7 Activity Tracker
Only \$175 plus tax (regularly \$199)**

- Wrist-based Heart Monitoring
- Touchscreen Color Display
- Vibrating Smart Notifications
- Steps/Distance/Calories
- Sleep Data
- Waterproof to 30M
- Plan, Sync, and Get Feedback with Polar Web Service and Flow Synch App.