



-Presents-

FREE Buddy Boot Camp

Join us for a fun evening of health fitness and education. Whether you're looking to fulfill a New Year's resolution, trying to lose weight in 2013 or just interested in learning about living healthier, this is something you don't want to miss. **California Family Fitness** and **Complete Health Fitness** have teamed up to give us a FREE crash course on being fit.

There will be a group workout session as well as five stations where you can learn about different workouts and what goes into a healthy diet. You will also learn some stretches that can be done anytime, anywhere in any clothing regardless of your fitness level. There will be trainers available and special pricing on gym memberships and more.

So bring a buddy, come in workout attire and get ready to take 2013 by storm!

****Note****

At check-in everyone will have to complete a "Liability Waiver" (parent and/or guardian must be present). For children younger than 12, kids Club will be Available.

January 17th
5:30 PM - 8:00 PM

7700 Sunrise Boulevard
Citrus Heights, CA 95610

(916) 242-4400

Sponsors

CALIFORNIA
Family Fitness



CHF

Experience a Healthy 2013



Interested in joining Elevate?

Elevate is accepting memberships. Contact us at member@elevateypo.com or by contacting the Citrus Heights Chamber.



MEMBERSHIP DISCOUNT

Complete Health Fitness Patients

You and your family can become members of California Family Fitness with this special offer.

GYM MEMBERSHIP	SELECT CLUBS*	ALL ACCESS
<i>Individual</i>	\$39/Month	\$49/Month
<i>Family of 2</i>	\$59/Month	\$69/Month
<i>Family of 3-5</i>	\$89/Month	\$99/Month
<i>Family of 6-7</i>	\$109/Month	\$119/Month

14 Day FREE Membership**

16 Clubs for your convenience: Carmichael, Carmichael/Arden, Citrus Heights, Downtown, Elk Grove, Folsom, Howe Ave, Laguna, Madison/I-80, McClellan Sports & Fitness, Natomas, Orangevale, Rocklin, Rocklin Sports & Fitness, Roseville, Sunrise/Hwy 50

CALIFORNIA
Family Fitness
1-877-JOIN-CFF
californiafamilyfitness.com



Contact
 California Family Fitness

*Select Clubs do NOT include the following locations: Folsom, Laguna, Elk Grove, Natomas, Rocklin (near Sunset/Park). Discount for Complete Health Fitness patients & families only.

**Appointment for tour required. Not for resale. May not be redeemed for cash. This pass entitles user(s) to a 14-day, free family membership. Pass must be used in fourteen consecutive days. First time visitors only. Guest(s) must be 18 years of age or accompanied by their parent, and reside within 15 miles from club. Pass must be used and redeemed between 9AM and 9PM. Must show valid, local, CA photo I.D. Excludes basketball and tanning. Some restrictions may apply per location i.e. racquetball, cycle and childcare. Enrollment discount may be offered upon first visit.