

INTRODUCING GOLD'S GYM'S WEIGHT MANAGEMENT PROGRAM

7 to 20 LOSE
POUNDS **IN 9**
DAYS*



FREE Nutrition Analysis

- Experts agree nutrition makes up approximately 80% of your results
- Take the guesswork out of your nutrition with our customized nutrition plans
- Staff and members are both experiencing **MIND-BLOWING RESULTS!**

Schedule your **FREE ANALYSIS** with one of our certified personal trainers & find out how you can get in shape by summer!

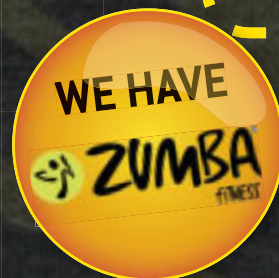
*The weight loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study found a statistically significant weight loss of seven pounds during the first nine days on the Cleansing and Fat Burning System

Join Gold's Gym NOW & SAVE!

Bring in this coupon and enjoy a **FREE 7-DAY TRIAL MEMBERSHIP** and **\$100 OFF ENROLLMENT*** when you join Gold's Gym!

- 100s of Group Exercise classes
- Amazing Cardio Cinema
- Tanning available
- Child Care available

GUILDERLAND (877) 468-9960
LATHAM (877) 468-8545
CLIFTON PARK (877) 468-9360
NISKAYUNA (877) 468-7890



7 Days FREE + \$100 off ENROLLMENT**

Guilderland • Latham
Clifton Park • Niskayuna

**Offer valid on new memberships through July 31, 2010. Discount applied to standard enrollment. Subject to annual Club Enhancement fee of \$25. 7-Day pass for first time local guests over the age of 18 only. Restrictions may apply - see clubs for details.



www.joiningoldsgym.com

Know Your Own Strength.