



FREE CLUB & PROGRAM TRIALS

FITNESS STUDIO	STRENGTH TRAINING	TOTAL BODY CYCLING
<p>1 WEEK GYM PASS</p>	<p>1 60-MINUTE STRENGTH CLASS</p>	<p>1 WEEK CYCLING PASS</p>
<p>WHY WAIT? GET STARTED TODAY!</p>		
<ol style="list-style-type: none"> 1. Visit 501FIT for a club tour 2. Complete basic waivers 3. Activate your 7 consecutive day pass 	<ol style="list-style-type: none"> 1. Review G-Werx Class Schedule 2. Select Class Day/time You Prefer 3. Call 612.767.4415 to reserve trial class 4. OR, Email INFO@501FIT.COM to reserve 	<ol style="list-style-type: none"> 1. Click 'Schedule & Reservation System' link on 501FIT web site behind 501SP1N logo 2. Click the 'New Users: Sign up!' link at top right of home page. Follow prompts. 3. Navigate to 'Online Store' tab at top right 4. Choose the option 'Group Classes' 5. Choose the item 'One Week Trial Pass' 6. You are now eligible to reserve free classes

Experience the Benefits of a Full Service Studio *with* Small Group **STRENGTH & SP1N classes**

Weight Loss - Muscle Toning - Burn Calories - Improved Cardiovascular Health
 Improved Cardio Endurance - Enhanced Core Strength - Increased Energy Level
 Feel Good - Relieve Stress - **Be Your Best You** - Increase Confidence - Look Great
 Preserve Muscle Mass - Improve Bone Strength - Reduce Risk of Injury - Boost Stamina
 Have Fun - Make Friends - F1T In - Be Yourself - Improved Balance - Improved Flexibility

