



Fitness Study Participants Wanted!

WE'RE LOOKING FOR PEOPLE WHO...

- Are ages 17–80
- Do not currently exercise on a regular basis
- Non-member of Greenville Aquatics & Fitness Center
- Willing to participate in a pre & post fitness profile
- Follow an 8-week training program, working 3+ times per week (includes one 1-hour FREE personal training session weekly)

Program Dates: September 15–November 11

Orientation Dates: September 11 (6:00–7:00 PM)
or September 13 (10:00–11:00 AM)

Program Goals:

- Weight Loss
- Body Fat Reduction
- Strength Gains
- Cardio Endurance



Fee: \$60 non-member, Greenville resident
\$90 non-member, non-City resident

Fees cover use of facility and all programs available under regular membership.

Participants successfully completing the Fitness Study requirements will receive an additional 8-weeks of membership FREE

SAVINGS:

- No application fee (\$50)
- 8-weeks additional membership (\$52)
- 8 1-hour personal training sessions (\$160)