

# 90 Day

# Commit to get fit!

# Program

CLUB MEMBERSHIP  
INCLUDED!

Are you tired of dieting, feeling fatigued,  
stressed and not knowing where to turn?

Join a plan with proven results!

**Next Program begins March 2012**

**Call 603.893.8612 to register.**

- ▶ 90 Days of Personal or Family Commitment
- ▶ 90 Days of Nutrition Education
- ▶ 90 Days of Key Behavior Modification
- ▶ Open to Nonmembers
- ▶ 90 Days of Fitness Training
- ▶ 90 Days of Stress Management
- ▶ 90 Days to Transform Your Life Forever
- ▶ 90 Days of Membership Included

**SALAM**  
ATHLETIC CLUB

*The NH Wellness Network!*

Powered by **Genavix**  
Wellness Network