

# GET 'REAL' RESULTS WITH 'VIRTUAL'



RESOLUTIONS **DON'T END** IN JANUARY  
TRY A VIRTUAL CLASS FOR FREE!



## YOUR FITNESS EXPERIENCE ALL UNDER ONE ROOF

### TRY US OUT

What do you have to lose, except the pounds & inches?

## SCRATCH OFF TO SEE YOUR SAVINGS UP TO 25% OFF YOUR MEMBERSHIP

Anyone who joins in January will be automatically entered for a chance to win 6-months free membership



BRING IN THIS POSTCARD AND...

Try ANY Class for

# FREE

Save up to **\$150 off** Membership with no Registration Fee

THREE 45-minute Personal Training Sessions  
**ONLY \$139**



PROMOTION ENDS 1.31.18



## GOOD THINGS COME TO THOSE WHO SWEAT

TRY A VIRTUAL CLASS FOR FREE JUST BRING IN THIS POSTCARD

### COMING SOON! VIRTUAL FOR KIDS "BORN TO MOVE"

New Release of Les Mills World-Leading Workout Routines LIVE with your favorite instructors - 1.13.18

THE MANDELL JCC IS THE **ONLY** FITNESS CENTER IN CONNECTICUT TO OFFER LES MILLS VIRTUAL CLASSES.



COME FIND OUT WHAT VIRTUAL IS ALL ABOUT.

### OPEN HOUSE 1.7.18

- Virtual workouts compliment our LIVE classes
- Combination of Les Mills world-leading fitness programs with pumping sound and motivation from the most revered instructors on the planet.
- Favorite instructor on vacation or can't make the live class? Virtual gives members "flexibility."

#### LES MILLS BODYCOMBAT VIRTUAL

CARDIO: High-energy martial arts-inspired - burn up to 740 calories\* in a class

#### LES MILLS SH'BAM VIRTUAL

CARDIO: Dance-inspired workout

#### LES MILLS BODYFLOW VIRTUAL

FLEXIBILITY: Yoga-based fitness

#### LES MILLS BODYPUMP VIRTUAL

STRENGTH: Scientifically proven to strengthen the entire body

#### LES MILLS CXWORX VIRTUAL

STRENGTH: 30-minutes of core training

#### LES MILLS GRIT VIRTUAL

STRENGTH: 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle

Have NO FEAR you're favorite instructors are still here!  
**WHY DO YOU NEED A BOUTIQUE WHEN YOU CAN GET YOUR FITNESS EXPERIENCE ALL UNDER ONE ROOF?**

- Pilates
- Yoga
- Spinning
- Classes & Programs (Insane, H.I.I.T, T.R.A.I.N, Zumba & So Much More)
- TRX
- Octagon Functional Training for a crossfit-style workout
- 80+ pieces of cardio equipment
- Aquatics Center - Water Exercise Classes
- Racquetball
- Indoor Track
- 20+ of the best Certified Personal Trainers in Connecticut
- 100+ Group Exercise classes every week

