

# Get Your **SELF** Off The **SHELF**

November 29 - January 2

Come & Check into the Gym  
or via LCP Go® & WIN!



## STAY ON TOP OF YOUR FITNESS FOR OVER THE HOLIDAYS!

Come into LifeCenter Plus to work out and get entered for a chance to win FREE LCP Services! Each time you check in at the Front Desk will count as an entry (the more you come into the club, the better your chances at winning!).

◆ Doing a mix of in-person and virtual or just our LCP Go® virtual? Comment on whichever stream class you do in order to qualify for a check-in! 5x bonus points if you check in with us via Facebook on your wall each time you visit the Club, AND 10x bonus points to complete a weekly challenge.

IT'S THAT SIMPLE!!!

Don't get overwhelmed with  
the holidays this season -  
Check in with Us!!!

## EMAIL US AT

[FITFRIENDS@LIFECENTERPLUS.COM](mailto:FITFRIENDS@LIFECENTERPLUS.COM)

## TO SIGN UP.

## FREE FOR MEMBERS!