

Did you know?

The Fitness Institute has run its very successful "Gift of Fitness" program for 7 years and it is still our most popular referral program at the Club.

50% of new members are referred to the Club by our existing membership.

Fitness Institute members are maintaining their healthy lifestyle and encouraging their friends to do the same.

It is easy to refer friends and family to the Club and we reward you for doing so.

Please give the

Gift of Fitness

and pass along the enclosed gift certificate to someone you know who has interest in the Club. They can join the Club complimentary for the month of December with no obligations.

First time users only.

Please see our **NEW** website www.fitnessinstitute.com
See *Christmas* video on the website soon.

If your friend joins as an annual member you get
ONE MONTH FREE



**FITNESS
INSTITUTE[®]
NORTH YORK**

HOLIDAY HOURS

Friday December 24th, 2010	5:30 am – 3:00 pm
Saturday December 25th, 2010	Closed
Sunday December 26th, 2010	7:00 am – 6:00 pm
Monday December 27th, 2010	7:00 am – 6:00 pm
Tuesday December 28th, 2010	7:00 am – 6:00 pm
Friday December 31st, 2010	5:30 am – 6:00 pm
Saturday January 1st, 2011	10:00 am – 5:00 pm
Monday January 3rd, 2011	7:00 am – 6:00 pm

www.fitnessinstitute.com



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Season's Greetings

From everyone at
The Fitness Institute



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