



Fitness Lady Health Clubs for Women

We are pleased to announce a health partnership with
Mississippi State Hospital

**call us
today!**

***NO MEN *NO INTIMIDATION**

- *Over 150 land and water aerobic classes weekly for all fitness levels
- *Huge cardio areas to workout in comfort & safety
- *Wonderful childcare
- *On-staff Chaplain
- *Free fitness training to give you extra attention and motivation
- *Indoor heated swimming pools
- *Weight loss and cancer support groups

**7 Days of FREE
MEMBERSHIP**

**This certificate entitles bearer to
7 consecutive days of fun and fitness!**

Limit one coupon per guest * Must be 18 years old and a resident of the Jackson metro area *
1st visit by appointment only * Driver's license and major credit card required * Must present
this certificate by 8/15/2011.

FITNESS
Lady
HEALTH CLUBS *for* WOMEN

**\$105
value**

**Madison/Ridgeland
I-55 North/Sunnybrook Rd.
601.856.0535**

**Brandon/Pearl
Hwy 80 East
601.939.2122**