

It's a Win/Win

During March & April

**Help Your Friends
Reduce Their Risk of
Heart Disease & Stroke**

**While Donating to
Charity**

Choose from the following charities:

1. **The Fayette Alliance**
2. **The International Book Project**
3. **The KY Horse Park Foundation**
4. **The Blue Grass Conservancy**
5. **The American Heart Association**

How it works:

**Invite your friends & loved
ones to train at
Fitness Plus**



Your Friend Will Get:

1 free training
session

&

\$10 off every session
they buy during the
months of March & April

You Choose:

For each session they
purchase in March &
April

\$10 donated in your
name to charity

or

\$10 off
your monthly bill