



ABS-O-LUTE HEALTH CLUB MEMBERSHIP PRICE INCREASE 2012

In February 2012 Abs-O-lute Health Club will have been in operation four years. The facility operating costs increase each year, however, these costs had not been reflected in any membership cost increases for the past two years.

We wish to advise members that commencing the 1st of February 2012 all prices will increase by 5%. The price of a healthy lifestyle is a decision we all have to make, as well finding the hour in our hectic lives to take timeout for our physical and mental health.

The cost of a membership (\$644.19 tax included) for such activities versus one cup of coffee missed a day ($\$1.70 \times 365 = \620.50). We also have to decide to take an hour out for ourselves to take part in some type of fitness activity to help relieve the stress in our lives.

Look to those around you who have changed their Health and Lifestyles by becoming more fit and ask them how they have done this. You will find most often it was taking the time for themselves to walk, run, commence a weight training routine to become more active. We can join physical activity programs, Fitness Centre, Hockey, Basketball, etc. or purchase expensive workout equipment, however if unused there is no benefit.

CONSIDER PURCHASING YOUR MEMBERSHIP NOW FOR 2012 PRIOR TO FEBRUARY

PHYSICAL ACTIVITY AND FITNESS IS FOR YOURSELF

GET ACTIVE, YOUR LIFE AND HEALTH ARE PRICELESS

Gary and Cheryl Huett & Staff
Abs-O-lute Health Club