

SEPTEMBER 2009

TRAIN !!

IMPORTANT :

SIGN UP NOW AND
KEEP IN SHAPE FOR
THE SEASON AND SAVE
BIG....



CROSS TRAINING IS
WHERE ITS AT..

THE POLAR GYM IS OFFERING,

A DROP IN CLASS RATE OF ONLY \$5 TO ALL POLAR BEARS !!

DONT MISS OUT ON THE OPPORTUNITY TO CROSS TRAIN IN OUR STRENGTH AND STAMINA CLASS, OR GET IN GREAT CARDIO SHAPE WITH OUR THAI-BOXING AND USE THE MUSCLES YOU'VE NEVER USED BEFORE IN OUR BRAZILIAN JIU-JITSU CLASSES !!

OUR PRICES HAVE NEVER BEEN THIS LOW, WE WANT TO HELP YOU OUT IN THIS ECONOMY, SO PLEASE COME IN AND TRY US OUT FOR FREE, AND SEE FOR YOURSELVES JUST HOW GOOD OF SHAPE YOU CAN GET IN, WITH PRICES AS LOW AS \$75 PER MONTH !!



CHECK US OUT ONLINE.
WWW.THEPOLARGYM.COM

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