

FEBRUARY AMERICAN HEART MONTH



High blood pressure is the most significant factor for heart disease.

**LET US HELP YOU
HELP YOUR HEART**

More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer.

Members, join our Cardio Challenge - 4 weeks, 5 days a week, at least 30 minutes a day. When you take the challenge, you will receive a complimentary water bottle. If you complete the challenge, you will be entered to win a 50 minute Swedish Massage at Allegria Spa.

February 3 is National Wear Red Day- show your support by wearing red and take a complimentary class that day.

During February, members can purchase a 1 month unlimited class punch card for \$50.

During the month of February, Non members can purchase a one month membership with unlimited classes for \$200

THE CLUB AT
**Allegria
Spa**

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