



Lean Up

HEALTH • FITNESS • NUTRITION • LIFESTYLE

A FREE life-changing fitness, wellness and weight loss program for people who have struggled to achieve a healthier lifestyle.

Here's how it works:

1

Submit your application and tell us why you are ready to dedicate yourself to this life-changing commitment!

2

Applicants will be reviewed and 225 chosen to participate. Those selected will receive this program absolutely FREE!

3

Selected applicants will be notified and the program begins September 12, 2016.

Apply online at www.leanup.net • Application deadline is August 31, 2016

Change your life!

Lean Up is an 8-week community health program that is guided by the talented fitness professionals at Spare Time Clubs. Those selected will participate in small group fitness trainings, meet with a personal trainer, attend nutrition and motivational group meetings, and enjoy other fitness activities at your neighborhood Spare Time Club.

In addition, from 9/12/16 through 11/4/16 selected participants will enjoy free, unlimited access to the Club and all its amenities.

For more information, visit us online at www.leanup.net.

Anyone 13 and over is welcome to apply, although individuals under 18 must obtain parental consent. All selected participants must receive medical clearance from their health care provider.

