

Experience the SCMS Fit Club phenomenon!

Feeling less than inspired at the gym lately? We've all been there. Now there's a NEW way to work out...

Featuring:



Team Beachbody® Fit Clubs are the latest fitness craze sweeping the nation! Guaranteed to put the spark back in your workout, you'll sweat to best-selling Beachbody® programs, like Tony Horton's P90X®, INSANITY® with Shaun T, and Chalene Johnson's TurboFire®.

Join us for a **COMPLIMENTARY WORKOUT** and commit to **GET FIT!**

- *Work out to fun music in a hip, high-energy environment.*
- *Get introduced to cutting-edge fitness programs.*
 - *ALL fitness levels are welcome!*
 - *It's 100% FREE.*

DATE: October 4, 2012 & Every Thursday evening

TIME: 6:15 Sign-in: 6:30 -7:30 Video Workout

EVENT LOCATION: SCMS 8700 Laurel Crest Drive, Lorton, VA 22079

(Entrance # 7 in front of the basketball courts)

HOSTED BY: SCMS & Phoenix-Factor

RESERVE YOUR SPOT BY CONTACTING ME AT: clay@pxfactor.com



PHOENIX-FACTOR

Beachbody embraces all fitness levels and nutritional goals—the ultimate motivation being to help End the Trend® of obesity.