

Still Feeling The Effects Of Thanksgiving?

Have A Busy Christmas Events Schedule?

Have A New Years Eve Outfit You Need To Fit Into?



**DON'T WORRY GOLD'S GYM  
IS HERE TO HELP!!**



★ **PRE – CHRISTMAS SPECIAL** ★

**SIGN-UP FOR ANY 12 SESSION OR MORE PERSONAL TRAINING  
PACKAGE AND RECEIVE 2 FREE SESSIONS!!**

***THIS OFFER IS VALID UNTIL NOVEMBER 30<sup>TH</sup>, 2011  
SO ACT NOW!!!!***

**Book an appointment at the front desk with either Alicia or Zach to plan your  
package today!! Or E-mail Zach at [ZachH@goldsgymbc.ca](mailto:ZachH@goldsgymbc.ca).**

***DON'T FORGET TO ASK THE FRONT DESK ABOUT OUR  
COMPLIMENTARY PERSONAL TRAINING EXPERIENCE***

