

GO FIGURE FITNESS & TANNING

Strength Training with Resistance

helps to gain muscle that has been lost
due to aging or a sedentary lifestyle.

More Muscle Means:

Slow Aging Process! **You Feel More Energetic!**
You Burn Fat Faster! **Increased Agility!**
Relieves Stress on Joints! **Increased Strength!**
You Look Toned and Firm!

We offer hydraulic resistance strength training,
treadmills, bikes, ellipticals & much more!

**We would be happy to provide
Fitness & Tanning Prices.
Call us at 308-872-2707**

HOURS

Fitness Hours: Sun-Sat 5 am-Midnight Business Hours: Mon-Fri 9 am-4 pm
Tanning Hours: Mon-Sat 5 am-9 pm After Hours call: 872-2707 or 643-7324

Exercise must become a **PRIORITY** in your life for it to be effective.
There will **ALWAYS** be excuses. If you're ready to make a commitment
to better health, we're committed to help you have fun doing it!

COME IN & JOIN US TODAY!

308-872-2707 • 809 South D Street • Broken Bow, NE