

Celebrate National Fitness Month!

Incorporating a program of regular exercise is one of the best things that you can do for your health. Weight control, more energy, improved mood, better sleep and a stronger immune system are just a few of the benefits you'll enjoy. Get started today!

Whether you're looking to set a new personal best in the 10K, lower your cholesterol or fit into your skinny jeans, our goal is to help you make it happen. Our team of fitness professionals is standing by ready to offer their motivation, guidance and support — whatever it takes to help you succeed.



More than 100 locations where you live and where you work that feature:

- State-of-the-art cardio equipment with personal TVs
- Stress-melting group exercise classes such as Pilates, Spinning®, yoga & more
- Exclusive programs such as Vbarre® and UXF® cross-training
- Certified personal trainers and more

Exclusive rates for all Employees!

Join today with \$0 Initiation Fee*
Savings of over \$200!

Go to www.CompaniesGetFit.com to join now!

Questions? Contact your Corporate Account Manager

Katie Rodriguez - Catherine.Rodriguez@tsiclubs.com

Join now to take your favorite class or schedule your fitness evaluation with one of our certified personal trainers!



More than 160 locations
MySportsClubs.com

*Offer expires 5.31.14. Processing fee of \$49.99 applies to new memberships. Existing members may be subject to \$39 conversion fee to change to corporate rates.