



MAXIMUM *Fitness*

ONE ON ONE PERSONAL TRAINING STUDIO

"Our Goal is to help you
get in shape and
stay fit for life"



**NO
MEMBERSHIP
FEE**

**Are You Tired
of the Gym
Scene?**

Now You Have a Choice!

NO MEMBERSHIP FEE REQUIRED

**DON'T SIGN UP
FOR THAT NEXT
PACKAGE UNTIL YOU
CHECK US OUT!**

**MAKE MAXIMUM FITNESS YOUR
NEW YEAR'S RESOLUTION!**

Amenities:

- **Unlimited Use of Cardiovascular Area with TV**
- Treadmills, Bikes & Elliptical
- Cybex, Equipment/Free Weights
- Body Fat Testing • Free Bottled Water

Programs Available:

- | | |
|----------------------------|--------------------------------|
| • General Health & Fitness | • Weight Loss |
| • Cardiovascular Training | • Toning & Firming |
| • Strength Training | • Sports Specific Training |
| • Bodybuilding | • Specialized Teenage Programs |
| • Post-Injury Fitness | • Nutritional Counseling |



Give the One You Love the
Gift of Health & Fitness
with a Maximum Gift
Certificate. Includes
FREE GIFT and
ONE FREE WORKOUT

Celebrating
Our **12th**
Anniversary!

**YOUTH &
SENIOR FITNESS
PROGRAMS
AVAILABLE**

Call **868-3800**
1815 Merrick Ave • Merrick

3/4 Mile North of Sunrise Hwy. 4 Blocks South of Camp Ave.,
Next to Ace's Wines & Spirits, across from 1st National Bank of LI

HOURS: MON. - THURS. 9AM - 9PM • FRI. 9AM - 6PM • SAT. 9AM - 3PM
EARLIER SESSIONS AVAILABLE BY APPOINTMENT ONLY

Introductory Special

**8 Personal
Training Sessions**

(ONE TIME ONLY)

\$99⁰⁰

PLUS ONE

**FREE
Trial Workout**

with your own personal trainer

MAXIMUM FITNESS • 868-3800

(ALL PACKAGES - 1/2 HOUR SESSIONS)
WITH COUPON • EXPIRES 3/31/12