

The Transformation Center For Women Grand Opening Specials

Special Gift Certificate Worth \$205.00

Join our women only fitness center and receive a gift certificate applicable toward a **six-month membership, a comprehensive fitness assessment and goal setting session, a personal training session**. The price for these services would normally be \$395.00. Your cost with our grand opening gift certificate is only \$190.00! **Save \$205.00**. Come experience the award winning professionalism of our staff and programs. You'll be glad you did!

Fitness Specials

Sign up for a 6 month or longer membership and receive a **FREE Assessment and goal setting session we call our "Jump Start" option**. Your certified personal trainer will show you how to get started on a whole new healthy way of life.

Save \$100.00

Purchase one of our **"non-member"** personal training packages and receive a comprehensive fitness assessment and goal setting session at no cost to you.

Save \$100.00

Receive a **4 week exercise program** you can begin using right away on your own completely **free** with the purchase of a 6-month membership at the Transformation Center For Women.

Save \$100.00

Sign up for any **"partner" or "small group"** training program and receive **\$50.00** off your training package.

Receive a **comprehensive fitness consultation** with the purchase of any membership or personal training program. **Save \$100.00**

Mind/Body 45/45 Sampler Special

What could be better than a great workout and then a wonderful massage? Here is your chance to work out with a great certified personal trainer and then have a rejuvenating therapeutic massage. We call it our **45/45 program**. You receive a 45 minute full-body workout with your personal trainer and then go straight to a fantastic 45 minute massage. Your grand opening cost is only \$90.00 - **a savings of \$30.00**. Included in your workout is a mini-health assessment to keep you safe.

1088 Rogers Road Cordova, TN 38018 901-755-1396

www.transformationmemphis.com - all offers good through September 2008

Grand Opening Membership Special

Here is your opportunity to be a part of our **women only** fitness center and experience the benefit of getting healthy in a unique environment where your well-being comes first.

To welcome you to the Transformation Center family we are offering you **six months free** when you purchase a regular six month membership. That is only \$20.00 per month for a full year and **a savings of \$240.00**. In addition you will receive a **free orientation** on the use of our equipment by a certified personal trainer. We want you to be safe. Don't put off your health and fitness goals another day! You will love your experience with us.

Twice the fun - Bring a Friend Special

Do you have a friend you'd like to get fit with? Here is your chance! Join The Transformation Center For Women for 6 months or more and we will **give your friend a month long membership for free**. If she likes her experience she can join and be eligible for the membership offer above until **November of 2008**. Share the fun!

Mother - Daughter Special

We have several mother - daughter members who enjoy working out together. Some drop in after school and while the daughter joins one of our after school fitness groups, mom works with a personal trainer. Some work out together with a trainer and some work out on their own. Regardless of how you do it this can be a great family bonding time and a way to stay healthy together.

To help you we are offering a truly wonderful grand opening **mother - daughter special**.

When you, Mom, join for six months or more your daughter becomes a full member for only **\$10 per month**. That is a **savings of \$180.00** over six months. You may continue this offer as long as Mom is a member! If you have more than one daughter each is eligible for the same amazing rate of **\$10.00 per month**. Don't miss out! There is no age limit on your daughter for this offer.

Auto-Immune Health Program Special

If you have an autoimmune disease such as Lupus, or Rheumatoid Arthritis, Shingles, Pericarditis or even Osteoarthritis, you know better than anyone else the challenges you face. It can be a daily struggle and the urge to give in or give up a vital lifestyle is constant. Don't give in - you can have a much more vibrant life than you might think. We have a special program designed for you.

Come for a free consultation and if you decide to join the program your first 4 sessions will be one-half the regular program fee. **That is a savings of \$110.00**
Ask for our brochure on this important program!

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Nutritional Counseling Specials

Need to get a grip on eating well and still enjoying life? Sign up for **three 1-hour private sessions** with our registered dietitian and **save \$120.00** Normally \$255.00 your cost is just \$135.00.

Purchase a 1-hour private session for \$50.00 and **save \$35.00**

Join a **6 week nutrition class** and **save \$120.00**. Normally \$240.00 - your cost is just \$120.00

Skin Care Specials

You won't believe the experience you have with Halina, our award winning skin care and facial specialist. She has two offers for you.

With the purchase of any facial you will receive a **\$30 hand and forearm exfoliating treatment for brown spot reduction and a moisturizing and soothing mask - both completely free.**

Or - Purchase three facials of any type and receive a fourth of the same type at no charge.

Save \$75.00 - \$150

Mind -Body Sampler Special - Save \$80

Experience a complete mind/body transformation service sampler and receive:

A 30 minute facial - A 30 minute massage - A 30 minute nutritional counseling session - A 30 minute fitness assessment - A 30 minute personal training session - All for just \$150.00 - normally \$230.00 - That is an **\$80.00** savings and a wonderful experience awaiting you.

Yoga & Pilates Specials

Receive **\$15 off** a Pilates assessment - required to join a group class reg. \$65

Schedule a Pilates assessment and receive **2 free classes** when you purchase a package of 8 classes the day of the assessment! - **Save \$34.**

Schedule one Yoga class absolutely free!

Purchase 6 Yoga sessions for only \$50 or 12 for just \$90 and receive one free class.

Save \$20-\$40.

Massage Therapy Specials

Receive **\$10 off** on a one-hour massage session! Regularly \$65

Receive **\$15 off** on a one and a half hour massage session! Regularly \$90

Buy three one-hour massage therapy sessions and get one free! **Save \$65**

Buy three half-hour massage therapy sessions and get one free! **Save \$45**

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