



It's Back and Better Than Ever



\$2,000 Worth of Training
Cost: \$20
Health Value: Priceless

The City of Weston has proudly partnered again for 2011 with the Rotary Club of Weston in the Get Fit Weston health and fitness initiative.

Beginning October 10, 2011, anyone who registers will be able to access training programs, classes, and online education that will help you to adopt a healthier lifestyle and become more physically fit.

More Fitness Partners!

This year there is an array of 10 incredible fitness partners.

38 Workout Programs Every Week - There is no limit on how many sessions you can attend; choose one, five or go for gold and go everyday!

More activities will be posted in the future and at each fitness partner.

- The YMCA of Broward County ■ Ultimate Sports Institute ■ Midtown Athletic Club
- Billy Beck III ■ Orange Theory Fitness ■ CrossFit Ripped ■ Weston Yoga
- Z's Bike and Fitness ■ The Gridiron Club ■ Fitness 21

Register Today: www.getfitweston.com

Goals:

- Stimulate awareness and participation by children, adults and businesses in events and activities to adopt healthier lifestyles and become more physically fit.
- Through the registration fee, funding will benefit physical education programs at Weston elementary schools and it will also support local and international charities that help children and families.



What you get with GetFIT:

- Unlimited Get Fit training classes (at any of the ten athletic clubs)
- A Get Fit T-Shirt
- Contests and promotions
- Free access to online fitness and wellness tips, videos and other materials to help make healthy lifestyle choices
- Sign for just for Get Fit Weston for \$20; **OR**
- With registration for the 14th Annual Run for Tomorrow 5K or Half-Marathon (*your choice*) on December 11, 2011 you get a Get Fit Weston membership for FREE

Sixty days. That's all it takes.

In just two months, regardless of your current physical condition, you can be in good enough shape to participate in a 5K race! Think it's impossible? Well think again, because your plan for success is right here!

\$20 Never Got You So Much!

38 Workout Programs! 10 Great Fitness Centers!

Weston organizations have banded together to help achieve a major community goal: **to GetFit**-- all of us, no matter our age or the shape we're in. In just 60 days we'll help you lose weight, eat healthier and become more physically fit. We're making fitness easy and fun for the whole family.

**Sign Up!
Join In!
GetFit!**

To Register, go to:

www.getfitweston.com