

WEIGH THE DIFFERENCE

And You'll Choose Fitness Unlimited Health Club for Women

Compare and you'll find Fitness Unlimited is the best **VALUE** for your fitness dollar!



	Fitness Unlimited for Women	Most Low Priced Coed Gyms
Unusually low base price	NO	YES
True Women's Fitness Specialists	YES	NO
Low key, non-intimidating, comfortable atmosphere designed for women	YES	NO
All monthly memberships - pay by the month; cancel anytime	YES	NO <small>Generally requires 12 or 24 month contract</small>
Over 80 group exercise classes per week - FREE with membership	YES	NO
Zumba Dance FREE with membership	YES	NO <small>or extra fee</small>
Cycle classes (private studio) FREE with membership	YES	NO <small>or extra fee</small>
Yoga Classes FREE with membership <small>Including gentle, vinyasa, ashtanga, baptiste</small>	YES	NO <small>or extra fee</small>
Pilates Mat classes FREE with membership	YES	NO <small>or extra fee</small>
Private Pilates Reformer Studio	YES	NO
In house registered dietitians	YES	NO <small>Generally not</small>
Child care available on premises	YES	NO <small>Generally not</small>
Relaxing sauna and steam room	YES	NO <small>Generally not</small>
Local, independently owned & operated	YES	NO <small>National chain or franchise</small>

EAST MILTON: 364 Granite Avenue 617-698-0260
www.fitnessunlimited.com

