

MEMBER ASSISTANCE PROGRAM

Courts Plus Fitness Center has a **MAP** to your success. We would like to invite you to 4 **FREE** stages with our Fitness Professionals to navigate you to your success!

1. Cardio Machines



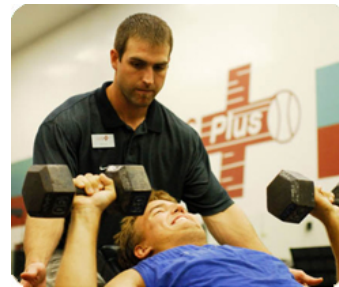
2. Weight Machines



3. Attend a Class



4. 1 on 1 Training



Four 30 minute stages with a Fitness Professional:

- cardio machines
- strength machines
- circuit, cycling, or group exercise
- 1 on 1 with Trainer



Contact Kelly Kisell
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GET FIT.
FEEL BETTER.
HAVE FUN.