

## TLC MEDICAL FITNESS CENTER IS THE PLACE FOR YOU!

Bring this Flyer to our Center to Enjoy ONE FREE WEEK of Fitness!

### WHAT IS TLC MEDICAL FITNESS CENTER?

The TLC Medical Fitness Center is a unique facility dedicated to assist our members in the development, implementation, and maintenance of lifestyle changes necessary to improve overall quality of life. Our team of exercise physiologists has over 20 years of experience working with specific needs and health issues. Our supervised setting provides our members with the confidence and motivation necessary to safely exercise. We will assess your injury history, current abilities and design your program to help you meet your health and fitness goals.

### CAN ANYONE BECOME A MEMBER OF TLC MEDICAL FITNESS CENTER?

Anyone with a desire to improve their quality of life is welcome. We specialize in treating people with special considerations including: heart disease, high blood pressure, diabetes, obesity, cancer, stroke, back and neck pain. Our friendly, clean, and state-of-the-art facility provides a comfortable place for you to begin a supervised exercise program.

### ARE THERE ANY OTHER PROGRAMS THAT TLC OFFERS?

In addition to our supervised membership programs, the TLC Center offers private training (an economical alternative to personal training), weight management, the fitness express exercise class, yoga, zumba, and golf conditioning programs.

EXERCISE PROGRAMS  
PROVIDED BY A TRAINED  
& EXPERIENCED  
PROFESSIONAL STAFF

FLOOR SUPERVISION  
& GUIDANCE EACH  
TIME YOU ATTEND

EXERCISE IN A CLEAN,  
COMFORTABLE &  
NON-INTIMIDATING  
ENVIRONMENT

INDIVIDUALIZED EXERCISE  
PROGRAM PRESCRIPTIONS  
ALLOWING THE BEST  
PHYSICAL PERFORMANCE

#### Hours of Operation:

Monday:	6:00am-7:30pm
Tuesday:	6:00am-7:30pm
Wednesday:	6:00am-7:30pm
Thursday:	6:00am-7:00pm
Friday:	6:00am-6:00pm
Saturday:	7:00am-12:00pm