



Ask about our new and  
alternative Child Care  
Services.



## COME JOIN THE FUN

We try to fit YOUR feminine needs with a facility  
managed and staffed by women, for women

We have a variety of packages  
that are available to fit your personal Health  
and Wellness needs. Each package includes a  
different number of our 6 activities

1. Body Sculpting Machines and Free Weights
2. Group Classes
3. Cardio Zone
4. Child Care
5. Tanning
6. Cycling

Our four packages are.:

**Bronze:** Unlimited access to any ONE of our  
5 activities. \$19.95 p/mo

**Silver:** Unlimited access to any TWO of our 5  
activities. \$29.95 p/mo

**Gold:** Unlimited access to any THREE of our  
5 activities. \$39.95 p/mo

**Platinum:** Unlimited access to our ENTIRE  
FACILITY! \$49.95 p/mo

\*ask a staff member about our corporate rates or Senior  
Special\*

## Bowling Green Fitness for Women

1051 Lovers Lane  
Bowling Green, KY 42103  
270.783.9005 ph  
[www.bowlinggreenfitness.com](http://www.bowlinggreenfitness.com)

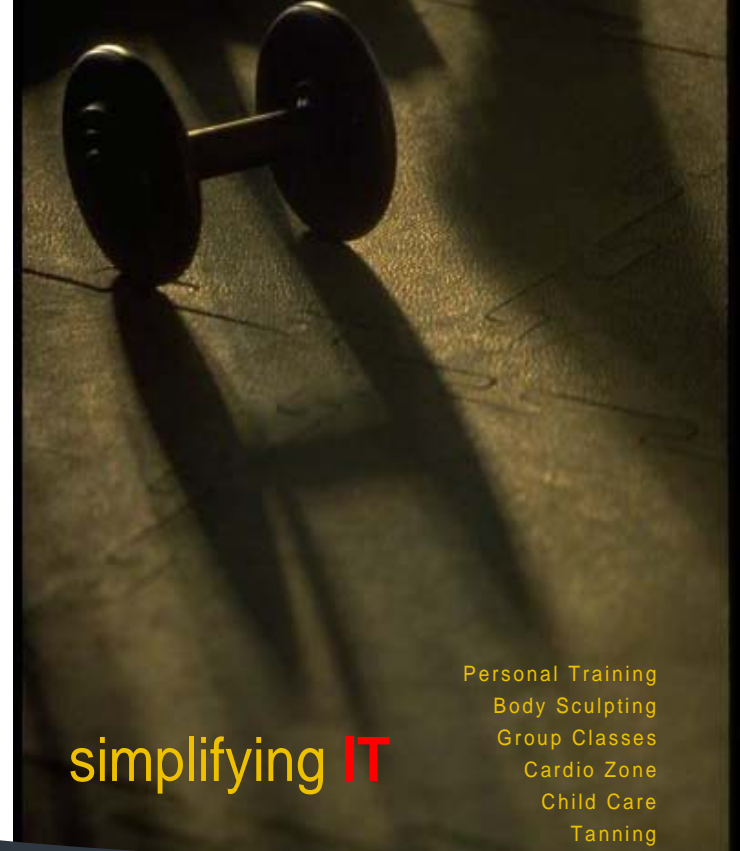
Imagination Stations, Inc.  
830 Fairview Avenue  
Bowling Green, Kentucky  
(270) 783-0044  
[www.ImaginationStations.com](http://www.ImaginationStations.com)



## Bowling Green Fitness for Women

simplifying IT

Personal Training  
Body Sculpting  
Group Classes  
Cardio Zone  
Child Care  
Tanning



# Making a Healthier Lifestyle Simpler

BOWLING GREEN FITNESS FOR WOMEN

## SIMPLIFYING IT

MOTIVATIONAL CLASSES

PEER SUPPORT

CHILD CARE

INFORMATIONAL "GET STARTED"

Ladies: Welcome to YOUR club! We extend to you our warmest reception from our fitness community emphasizing the positive benefits promoted in our Health and Wellness environment which encompasses fitness, diet, and lifestyle...Carol Poe.

## flexible solutions for your personal needs

### PERSONAL TRAINING

We offer one free personal training session with any of our personal trainers. A full body analyses and recommended activities will be provided for you. Personal Trainers are prepared and ready to answer your fitness questions and help to get you motivated.

### BODY SCULPTING

Unlike facilities created for both genders, Bowling Green Fitness for Women has studied the female body to focus its facility to that. We provide multiple sets of weights in the desired lower pounds and machines that target the more "undesirable" areas, to make body sculpting more convenient for our clients.

### GROUP CLASSES



We have meticulously created a schedule of classes to be available at the convenience of the average woman

### CHILD CARE



In our fun center, we provide a safe monitored environment for our members children. Ages 0 to 12 years are welcomed to give mom that desired break and work-out

### TANNING



We offer 3 tanning beds in our Women's only facility. Beds are cleaned regularly and are in operation the same hours as our facility.

### CARDIO ZONE



Our cardio center provides several of the most effective and popular machines to date. We provide numerous treadmills, recline bikes, elliptical machines, cycles, and stair machines to get your heart rate to it's target zone and calories burning.



WE'VE WORKED WITH A DIVERSE CUSTOMER BASE. HOW CAN WE HELP YOU?

Ask questions to our staff with your Health and Wellness inquiries.

270.783.9005

