BLACK FRIDAY AT the works

Skip the "things" this season and shop health! 2-Day Pricing!

Become a member!
Pay NO JOINING FEES AND YOUR FIRST MONTH IS FREE!

Savings of up to $375!

Lowest prices of the year!

Give yourself the gift of health!

Check out our Fitness Specials and HUGE Savings off our 90-Day Commit to Get Fit Program! *see back*

90 DAY *Commit to Get Fit!* **PROGRAM**

the works
A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

BLACK FRIDAY

2-Day Only Special Pricing!

Friday, November 24th
Saturday, November 25th
8am-5pm

www.theworkshealthclub.com
23 Works Way
Somersworth, NH 03878
603-742-2163

Health & Wellness Year Round!

Something for everyone!

2 DAYS.
NO RUSH.
NO STRESS.

Check out our BLACK FRIDAY ONLY SPECIALS- MORE ON THE BACK!

Pro Shop
MYZONE® Belt $75
(Save $24)

Smoothie Punch Card
12 for $36
(save $12!)

Prepaid Locker Rentals
Rent for 6 months, get 2 months FREE
(Save $20)
Rent for 12 months, get 4 months FREE
(Save $40)

Guest Visit
Purchase 7 Guest Visits for $99
(Save $27)

Works Clothing Specials
Combo Package:
Works bag, T-shirt, Lock, towel and shorts- $50
(save $20)
All In-stock Sweatshirts: 30% off
All In-stock T-Shirts: 50% off
20% off all other in-stock Pro Shop items

Children's Programming

Play Hut:
50% off purchase of punch card series for 1st time users
(up to $22.50 in savings!)
Clubhouse Kids:
50% off purchase of punch card series
(up to $35 in savings!)

Parents Night Out:
1st time users register and get 50% off
(up to $20.00 in savings!)

Aquatics
Swim Lessons
Adult Lessons: Sign up for 1 session and save 15% off the second session.
Always wanted to swim… Now is your chance!

Restrictions may apply on all our Black Friday specials. Please see Works staff for details. ALL specials are ONLY available on the dates/times above.

BLACK FRIDAY
FITNESS & WELLNESS AT THE WORKS

WORKS CYCLE ZONE

8-Pack of Zone classes save $20

Offer valid for Non-Members
Sessions expire February 28th

*SMALL GROUP TRAINING/FITNESS CONSULTATION UPGRADE COMBO PACK

Purchase 8 or more SGT sessions/month and get 2 Free Fitness Consultations: includes InBody Composition Assessment!

3-month minimum commitment
Expires in 1 month from date of first use

*PERSONAL TRAINING SPECIAL

- **6 Personal training Sessions for $259**

($420 value) Offer valid for new participants only.

- **Buy 24 or more Personal Training Sessions and receive: 3 Free PT sessions OR a Free MyZone Heart Rate Monitor and 2 SGT sessions**

(over $150 in savings)

MUST BE PURCHASED FRIDAY OR SATURDAY DURING BLACK FRIDAY HOURS OF 8AM-5PM/New participants only

90 DAY *Commit to Get Fit!* PROGRAM

Brought to you by The Works
A Department of Wentworth-Douglass Hospital

It's about YOUR results!

SAVE BIG WHEN REGISTERING FOR A COMMIT TO GET FIT PROGRAM ON BLACK FRIDAY!

With over 2,000 people through the program, the results speak for themselves!

- Average weight loss: 15 pounds
- Average waist size reduction: 3 inches
- Average blood pressure drop: 11 points
- Average cholesterol drop: 15 points
- Average triglycerides drop: 37 points

How will the 90 Day Commit to Get Fit Program help me?

- Build a customized wellness plan
- Improve your health risk factors
- Reduce body fat and gain muscle
- Practice stress management and gain new energy
- Learn how to eat right and stay on track

BLACK FRIDAY ONLY
$50 OFF REGISTRATION

BLACK FRIDAY COMMIT TO GET FIT REGISTRATION COST: MEMBER $50 / NON-MEMBER $100

($50 SAVINGS OFF TOTAL PROGRAM COST!)

Registration fee must be paid in order to reserve your spot in a CTGF class launching by April 2018.

"Coaches were always available to help you overcome obstacles whether it be working out or eating more complicated meals and making them into a healthier meal."

"...the program helped me figure out what works best for me vs a "diet" plan. It used everything I already knew and pulled it together in a manageable way to allow me to figure out my own plan.