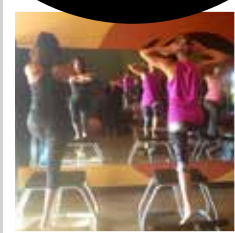


the
pilates
FACTOR



THE
FITNESS
FACTOR

OPEN
24 HRS/DAY
EVERY DAY.

The Fitness Factor owns and operates Columbus' only Pilates Reformer and Barre studios. Our trained staff is dedicated to upholding the basic principles of the Pilates exercise method as developed by founder Joseph Pilates, as well as the Balance Barre method.



662|327-6FIT

515 18th Avenue North • Towne Square Center
Columbus, MS 39705

www.fitnessfactor.net

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FREE 3-DAY VISIT
to the Fitness Factor

Real people. Real results.



We've got it ALL!

FACTOR FACTS:

- Spacious 12,000 sq ft facility
- Educated, friendly staff
- Uplifting, clean environment
- Cybex, Body Master and Hammer strength strength equipment
- Full line of cardio equipment
- Full line of functional equipment (kettle bells, big ropes, TRX)
- Variety of group exercise classes
- Babysitting service

EXCLUSIVE TO THE FACTOR:



- Alloy Training Systems
- Extensive personal and small group training
- Pilates reformer training studio
- Barre classes
- Open workout area for functional training

CORPORATE RATES:

- **6 Month Contract:**
Enrollment fee: \$25
Single: \$41.60
Couple: \$51.20
Family: \$56.80
- **12 Month Contract:**
Enrollment fee: Free
Single: \$36.80
Couple: \$47.20
Family: \$52.00



30 DAY TRAINING EXPERIENCE

Take Your Training to
the next level with

Alloy Training Systems

*Alloy is the premiere personal training
system with proven results!*

YOU GET:

- 4 Small Group Training Sessions
- Unlimited Team Training
- Personal Program Design
- Starting Point Assessment
- Gym Membership

30-Day Corporate Special \$39

**No obligations. One month.*



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