

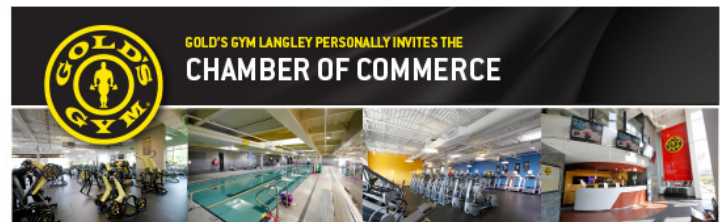
FEBRUARY 2016 OPEN LATE FOR BUSINESS

Thursday, February 25, 2016

4:30 pm to 6:30 pm

Gold's Gym, Langley

19989 81A Avenue, Langley



GOLD'S GYM - LEGENDS IN FITNESS

At Gold's Gym Langley you'll find all of the latest state-of-the-art cardio and strength training equipment along with a dynamic Mossa group exercise program that includes classes like hot yoga, group cycling, group fight, group groove, group core and group centergy. Most importantly, you'll find an energetic, supportive, community environment full of people who are all different fitness levels, all committed to achieving one common goal ... staying healthy and fit!

IN ADDITION TO GREAT NETWORKING, JOIN US FOR:

- A tour of Gold's Gym facilities and get informed of what services they have to offer.
- Wear comfortable clothes and try a workout or a group fitness class (optional).
- Bring your swimsuit and go for a swim, hot tub, infra-red sauna or steam (optional).
- Enjoy healthy, nutritional, organic whole foods sponsored by FITNESS FOODS.
- Presentation by Jodi Dumbleton, Registered Holistic Nutritionist, on "Benefits of Holistic Nutrition" and Jean Uy on "Why Personal Training?".
- Business card draw for a chance to win a complimentary 3 MONTH FREE ALL-INCLUSIVE MEMBERSHIP and Official Gold's Gym merchandise!
- Each guest will receive a complimentary all-inclusive 7-Day Pass.
- Friends and family of Chamber members are also invited to attend!