The Onelife Fitness team will be in the Avalon Clubhouse!

Monday, October 15th from 5-7pm

Come learn more about our special offers and enjoy some refreshments!

Redeem your free trial membership today!

Call Jack at 301-698-4653 or email jconrad@onelifefitness.com to get started.

AT ONELIFE FITNESS, YOU'LL ENJOY:

- **Complimentary SmartStart Personal Training Session**
- **ZONE4 GROUP TRAINING - the ultimate workout led by a personal coach. Experience the "Afterburn Effect" and burn 500-1,000 calories a session.**
- **100+ Pieces of Cardio Equipment with personal viewing screens**
- **Strength training equipment & turf area**
- **Group Fitness Studios Featuring BodyPump, BANG, YOGA, Free Barre Classes & Cycling**
- **Kids Club / Child Care**
- **Luxurious Locker Rooms**
- **Basketball Court & Swimming Pool**
- **And more!**

Onelife Fitness South Frederick
5728 Buckeystown Pike | Frederick, MD | 301-698-4653

Onelife® FITNESS