



I KNOW MY NUMBERS

Because It Matters.

Patrick H. - Atlantic Club member since 2012

“ Knowing my numbers keeps me accountable. They provide both the baseline and the goal. My body fat percentage is the important long-term number, providing a qualitative measure regardless of weight. On a daily basis, calories consumed and burned keep me on track for gradual progress and yes, the daily weight on the scale serves as a check to keep me disciplined. ”

45 Days. 12 Visits.* Earn Back Your Enrollment.
Receive **\$300** in Club Gifts*
Treat Yourself This Valentine's Day!
Join in February and Receive a \$25 Milagro Spa Gift Card.



*This offer is valid with a 12 month commitment. Offer expires 2/28/2015. Enrollment fee is \$99. Visit The Atlantic Club 12 times in your first 45 days and receive a \$50 gift card to The Atlantic Club. You must complete your InBody Composition Analysis with your Wellness Roadmap within your first 45 days and receive an additional \$50 gift card.

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