



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.* ”

Join the Atlantic Club this month and receive
\$100 back towards your health & wellness!

Plus an additional \$400 worth of new member gifts.*
Call to get started with your fitness roadmap!

The  Atlantic Club
"Expanding Wellness, Extending Life"

**Offer expires 1/31/15. Valid with 12 month commitment.
To receive \$100 back you must visit club 12 times and complete your
InBody Analysis and Fitness Roadmap appointments in the first 45 days.*
1904 Atlantic Avenue | Manasquan, NJ 08736 | 732.223.2100
www.theatlanticclub.com



**MEDICAL
FITNESS
ASSOCIATION**
*The Atlantic Club
is a Medical Fitness
Certified Facility.*