

# Contours Express<sup>®</sup>

The Better Idea in Women's Gyms!™

Do you need to...  
**lose**

15 lbs.- 100 lbs?

Tone & Shape?

Strengthen?



Contours Express Treats Every "Body" Different Because "Every Body" is Different!

Stop in today for your FREE FITNESS ANALYSIS!

We Use REAL Weights.  
For REAL Results...Never Hydraulics

Contours Express Troy  
1071 E. Long Lake  
Long Lake Plaza  
Troy, MI 48085  
(248) 740-1332

Former State Probation/Parole Officer offers State Employees:

**\$19.95 a month**

**\$19.95 Enrollment**

Expires 12/31/2010

**FREE**  
**Body Fat Analysis**

Valid with coupon only.

\*Offer based on first visit enrollment with one year agreement. Not valid with any other offer or discount.

THREE PERSONALIZED SESSIONS!  
It's like having your own personal trainer without the expense!