



1231 W. Main St.
Owosso, MI 48867
989-720-B-FIT
989-720-2348
www.powerhousegym.com

Hours:

Monday - Thursday
5am - 10pm

Friday 5am - 8:30pm
Saturday 8am - 5pm
Sunday 10am - 4:30pm



Join powerhouse gym's premiere club awesome programs:

- > Weightloss/nutrition class
- > Silversneakers/senior exercise classes
- > Kid's speed & agility performance classes
- > Stop on by and check out how we can help you get fit for life!
- > Join the fun, join today!

Lifestyle changes start here at **Powerhouse Gym of Owosso**-- helping you reach your goal one day at a time.

State of Michigan Employees

Show Your state ID
and receive a discount!

ONLY
\$20/month

(normally \$39/mo.—**YOU SAVE \$19/mo.**)

Joining fee - \$50

WE HAVE DESIGNED THIS CLUB WITH YOU IN MIND--from beginners looking to make a healthier lifestyle change to those looking to boost their current workout routine--Powerhouse Gym-Owosso has something for everyone!

Invest in yourself! You've been given the greatest gift of all, LIFE. Your Body is the vessel you have to live with, so do yourself a world of good by investing a small fraction of your day exercising it and keeping it in good health.

Top 10 Reasons for Joining Powerhouse Gym:

It's about your most prized possession--YOU and your HEALTH!

1. You can dramatically reduce your risk of developing cardiovascular disease, quite possibly the leading health threat in America today.
2. Exercise helps prevent high blood pressure, a leading cause of life-threatening organ damage.
3. Physical fitness prevents plaque buildup in arteries, a leading cause of stroke.
4. Exercise reduces your risk of diabetes, a disease that affects 18 million Americans.
5. People in shape have less risk of developing dangerous blood clots.
6. Exercise guards against breast and colon cancers.
7. Weight bearing exercise protects bone mass, a critical health issue for women.
8. Exercise relieves stress, promotes a sense of well being, and can be as effective as medication in relieving mild to moderate depression.
9. Moderate exercise can reduce joint swelling and arthritis pain.
10. Regular exercise is an essential tool for achieving and maintaining a healthy weight.