

## A Great New Wellness Benefit Program!

Your Sarasota Association of Realtors has established an ongoing wellness program with Lifestyle Family Fitness who has six convenient locations in the area, where you can enroll on line at [www.LFF.com/join](http://www.LFF.com/join) with significant corporate savings while becoming healthier and happier association members.

### A Lifestyle Corporate Group Discount Membership includes:

- **10% off Club Retail Rates**
- **Only month-to-month programs, no contracts**
- **All enrollment fees, processing fees, and prorated dues are waived for a savings of up to \$131.00.**
- **Use of all 55 LFF locations in 4 states (Passport Membership)**
- **Unlimited Group Fitness Classes** – Over 30 to choose from
- **YourLifestyle Path** – New member on boarding process
- **LifeCenter** – proprietary tracking kiosk with online access that monitors blood pressure, weight, heart rate, body fat, and body mass index
- **LifeWorks** – online wellness portal integrated with the LifeCenter that provides, meal planning, calorie counters, over 500 instructional videos, and more all accessible through a smart phone.
- **\$150 Gift Card** - Good towards any of the following in-club fitness services
  - **Smart Step Program** – 3 sessions with a personal trainer to help develop a customized workout and meal plans specific to the individual's needs.
  - **Max Stretch**
  - **Boot Camp**
  - **FitTrack** – lifestyle management and nutritional program
  - **Reformer Pilates**
  - **Personal Training**
- **24 minute XPress workout center**
- **30 day Comfort "Money-Back" Guarantee**
- **Choice of Kids' Club or Cycling**
- **Member Rewards** – Exclusive discounts at retail merchants
- **Lifestyle YourStore** – Online discounted vitamins & supplements for members

### Enroll On-Line Now at [www.LFF.com/join](http://www.LFF.com/join)

- Go to Corporate tab, select either current or new member
- Use Company Code #191503
- Fill in your information and print out your registration form and
- Take it to any of our 55 locations to receive your own key tag and get a great workout!
- You can also enroll all 55 location, just ask any Marketing Consultant for help with your corporate enrollment and remember to give them your SAR company code #191503

## Lifestyle Contact Information

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