

For all the benefits, aren't you worth the effort?

Exercise must become a **priority** in your life for it to be effective.

If you're ready to make a commitment to **better health**, we're committed to help you **have fun doing it!**

Call now for an appointment.

435-257-SLIM (7546)
208-852-2542

Groll Family Fitness Center
30 North Main
Preston, Idaho 83263
208-852-2542

Groll Family Fitness Center
11 West Main
Tremonton, Utah 84337
435-257-SLIM (7546)



www.GrollFamilyFitness.com
www.ItFiguresFitness.net

YOUR COMPLETE FAMILY FITNESS CENTER

11 West Main
Tremonton, Utah 84337
435-257-SLIM (7546)
Toll Free: 888-771-8390

30 North State
Preston, Idaho 83263
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GROLL FAMILY FITNESS

We are not just for women anymore. We are a "FAMILY" Fitness Center for Men, Women and Youth. We provide a comprehensive nutrition and fitness program that is not

often seen together in the fitness industry. With the latest equipment for strength training, cardio and fun fitness classes, we have what you and your family wants and needs.

Groll Family Fitness welcomes you and are committed to do everything we can to help you reach your fitness goals.

**STOP BY AND SEE WHAT WE CAN DO FOR YOU...
FIRST VISIT IS ALWAYS FREE!**



IT FIGURES FITNESS & WEIGHT MANAGEMENT



It Figures is a women-only program that anyone in any fitness level can do! Fit or unfit, all ages and all body types.

Hydraulic resistance is unique because only hydraulic resistance adjusts to your individual speed force. The push/pull motion involves two entirely different muscle groups on each machine to work every major muscle group in just 30 minutes! By matching your hidden potential, it produces the results you're looking for! A lot of our members report losses of 10% body fat or more their first month!



Day Spa: Tahiti Tanning (as seen on TV).
Airbrush Tanning - Get an instant awesome tan.
Tanning Bed also available for high quality tanning.



Massages: Relieve stress, sore muscles, aches and pains with therapeutic massages!

The Perfect Place

- **Free Weights:** With over 2 ton of free weights, including dumbbells, benches and racks, we have what it takes.
- **Women only area:** Exclusively set aside for a non-intimidating atmosphere.
- **Cardio Area:** We have the latest in cardio machines which include an Incline Nordic Trac Treadmill (50° incline), Elliptical, Recumbent and Upright Bikes, Treadmills and more.
- **Classes:** We offer a variety of classes to help motivate and learn new fitness activities. These classes are taught mornings and evenings to accommodate most schedules. They may include but are not limited to: *Tae Bo, Yoga, Step, Resistance Ball, Women on Weights, Belly Dancing, Pilates, and Youth Classes.* We make fitness fun!
- **Day Care:** Located within our building to provide easy and convenient daycare for your children.
- **Nutrition:** Our Registered Dietitian offers weight management classes and one-on-one consults for Diabetes, Heart Disease, Weight Loss, and healthy eating. *Seminars also available.*

