

**IT'S NOT TOO LATE  
TO GET STARTED ON YOUR  
NEW YEAR'S RESOLUTION!**

**1/2 OFF  
FEBRUARY  
ENROLLMENT\***

- Fitness Specialists
- Personalized Programs
- Wellness Integration
- Aquatics Center
- Fun Group Exercise Classes

[www.TheHealthandFitnessInstitute.com](http://www.TheHealthandFitnessInstitute.com)



**Health & Fitness Institute  
is my fitness partner.**

**Make it yours!**

 **STAMFORD HOSPITAL** | Discover More  
Health & Fitness Institute

**1/2 OFF**  
**FEBRUARY**  
**ENROLLMENT\***

 **STAMFORD HOSPITAL**  
Health & Fitness Institute | Discover More

**203-517-0888**

\*Must be 21 years and local resident. May not be combined with other offers. Membership subject to a health appraisal. Expires 2/29/12

**Call Today!**

[www.TheHealthandFitnessInstitute.com](http://www.TheHealthandFitnessInstitute.com)



It's not too late to get started on your  
New Year's Resolution with **1/2 OFF Enrollment**

**FREE**  
**1-DAY**  
**PASS**

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Offer expires 2/29/12. Subject to HFI guest pass policy and a tour of the facility. Must be 21 years or older.

*For You and a Friend*

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Join & Get the 5 Essential Ingredients for a Healthy Mind and Body

■ **CARDIO CLASS**

- Zumba®
- Group Groove
- Cycling
- Aquafit

■ **STRENGTH**

- Group Power
- Stretch and Tone
- Pilates
- Fitlinxx

■ **FLEXIBILITY**

- Yoga
- Pilates Stretch and Tone
- Tai Chi
- Aqua Arthritis

■ **STRESS REDUCTION**

- The Petrone Method
- Restorative Yoga
- Meditation
- Massage
- NEW SPA - Like locker rooms

■ **NUTRITIONISTS**

- Available for one on one appointments
- Weight-Loss Classes

**Call, Click or Visit Today! Offer expires 2/29/12**

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 **STAMFORD HOSPITAL**  
Health & Fitness Institute | Discover More

RETURN ADDRESS:  
Stamford Health System  
P.O. Box 9317  
Stamford CT 06904-9317

**The Tully Health Center**  
32 Strawberry Hill Court  
Stamford, CT 06902  
203-517-0888  
[www.TheHealthandFitnessInstitute.com](http://www.TheHealthandFitnessInstitute.com)



**30 DAY**  
**MONEY BACK**  
**GUARANTEE**

 **STAMFORD HOSPITAL**  
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**203-517-0888**

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