



Experience Your Best



DATE: February 22, 2010

Memberships Starting at \$19!



CLICK HERE
for more details!

FEB Smart Car Draw!!! - Did you Refer A Friend?



If you referred a friend from Jan 15th until now, be sure to see if your name is drawn for your chance to win a 2 Year lease on a Smart Car!!!

Calgary: 9 Keys - 1 Winner!
Edmonton: 10 Keys - 1 Winner!

Each club draws a winner on **February 24th at 6:30 pm**, this winner will receive a key to the winning key box

Each of the 9 Calgary Key Holders & 10 Edmonton Key Holders must attend the **Final Draw on February 25th at 6:30 pm**.

Final Draw Locations

Calgary Key Holders

Macleod Trail
4344 Macleod Trail
SW Calgary

Edmonton Key Holders

City Centre
#220, 10205 101 St
Edmonton

Test your key to see if it opens the Winning Draw Box. If your key opens the box, YOU are our first Smart Car Winner!*

*For full terms and conditions on this promotion please **CLICK HERE**.

Creating Exercise Habits



The beginning of the year is often a time when many people commit to a New Year's resolution. Research indicates that approximately 45% of the population commits to at least one resolution, but of those that do, the vast majority have abandoned it by Valentine's Day!

Common New Year's resolutions are committing to weight loss and starting exercise. The fact that many people put on extra weight during the holidays can be an added motivation to create a new

win one of six smart cars!!!




CLICK HERE
for more details

BRING A BUDDY & SAVE!



Memberships
Joining is easy and our plans are flexible



Group Exercise
All of our programs are geared for fun



Refer a Friend
Invite a friend to try World Health & work out together!



News & Events
See what we have planned in the coming months



exercise habit.

[Read More](#)

Feb Group Ex Winter Launch



Get ready for Winter Launch Classes starting Feb 22nd - 28th

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Healthy Recipes



Polenta with cranberry apple compote - Makes 6 servings

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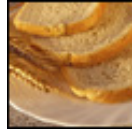
Kettlebell



A year ago it was rare to see someone using a kettlebell

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Breakfast



The common cliché that breakfast is the most important meal

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Zumba - If you can move, you can Groove!

You'll stomp, wiggle, jiggle, hip, hop, shimmy, shake, glide and most importantly, sweat your way through this 60 minute dance inspired fitness

program. A dynamic fusion of dance styles creates an all-out cardio jam designed to be the coolest way to get fit! [Read More](#)

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