

SYN CLUB

EXERCISE

The SYN Clubs Waltham Presents

Winning At Losing

A 90 Day Body Transformation Contest

Look Better – Feel Better – Get Stronger – Live Longer



Name: _____

Best Phone: _____ Best Email: _____

What Is Your Profession? _____ Zodiac Sign: _____

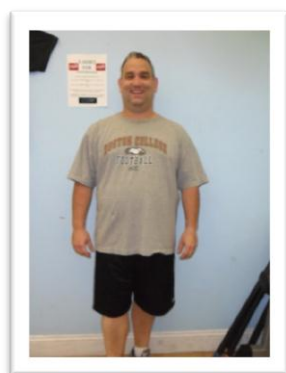
How Did You 1st Learn Of The SYN Clubs? _____

In One Word Describe Why 'SYNNING': _____

What Is Your #1 Goal In Participating? _____

Measurements: Arm _____ Waist _____ Thigh _____ Body Weight _____

Get Measured (Tri – Thigh – Belly) & Weigh-In Before November 1st



In The Last 2 Months I HAVE LOST 22lbs! The Folks At The SYN Club Have Helped Through Hints, Training And What I Like To Call “HELPFUL ACCOUNTABILITY.” They Always Lend An Ear Or Give Advice On How To Keep Up The WEIGHT LOSS & Burn Fat. I’d Say The Best Part Of The SYN Club Is The Variety Of The Workouts – It’s NEVER REPETITIVE.

~ Steve H (The Member Of The Month For October, 2011)

SynClubs.com ~ (781) 209 - 1006