

Corporate Identity Development

April Banta



TONING CENTER

The Core Strong name was chosen for its compelling connection to how important this is to a person's mobility, flexibility, and balance.

Brochure

Member Hours
Monday - Saturday
6am-9pm

Ladies Only
Monday - Friday
9am-3pm

Office Hours
Monday - Tuesday
7am-6pm
Wednesday - Friday
7am-2pm

CORE STRONG
TONING CENTER

6734 NW 39th Expressway
Bethany, Oklahoma 73008
405.470.7952

**A Community Business
with Character**

**Motivating, Challenging, & Encouraging
You to Strengthen Your Core!**

Better Balance & Stability
Core exercises are an important part of a well-rounded fitness program. It pays to get your core muscles, the muscles around your trunk and pelvis, in better shape!

Core exercises train the muscles in your pelvis, lower back, hips, and abdomen to work in harmony. This leads to better balance and stability whether you're on the playing field or running around in your daily life. In fact, most sports and other physical activities depend on stable core muscles.

Core Strong toning tables consist of seven different robotic exercise machines. Each machine is specifically designed to strengthen, minimize, or fix different parts of the body: upper body, hip and buttock, waist, abdominal, thighs, lower body, and lymphatic system. The exercises utilized are designed to strengthen the body's main core muscles helping you gain a better sense of balance and stability which will have a positive impact on how you live your life.

Core Strong management recommends members work out at least 30 minutes, three times per week for an effective fitness regimen. Toning tables have a 30-minute session, or can be increased to a one-hour session for those who desire a longer workout time. There are also two stationary bikes available for member use, as well as a 15-minute DVD workout. You too can be Core Strong! Join today!

Membership Information
Member Hours: 6am-9pm, Monday - Saturday
Ladies Only: 9am-3pm, Monday - Friday
Office Hours: 7am-6pm, Monday - Tuesday
7am-2pm, Wednesday - Friday

For the convenience of our members, the Core Strong Toning Center has electronic entry systems that allow members to come in early and stay later than staff. To ensure the safety and security of our members and the facility, cameras monitor each room and entry areas at all times.

- Membership fees are \$29.99 per month per member, with a non-refundable initiation fee of \$50.
- Core Strong requires clients to sign a Member Agreement which gives permission to collect your monthly payment from either a debit/credit card or, with a voided check, your checking account.

Character[®]
Core Strong is a Character First enterprise, promoting positive values in the workplace and the workout space.

*Making Character First, Building a Culture of Character in the Organization. By Tom Hill, Founder of Character First, and President of Maroon, Inc.

Door Hangers

5 FREE VISITS!
During Office Hours!

**CORE HEALTH
CORE MIND**

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5 FREE VISITS!
During Office Hours!

Core Exercises Strengthen Balance & Stability

- Spa Like Atmosphere
- Toning Tables
- Recumbent Bikes
- DVD Workouts
- Free Hot & Cold Showers
- & More

Core health, Core mind, Core Strong! Bring in this coupon for 5 free visits during office hours!

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Office Hours: Monday - Tuesday 7am-6pm
Wednesday - Friday 7am-2pm

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Business Card Flyer

Missing TAN & TONE AMERICA?
You can find Core health, Core mind, and be Core Strong!

CORE STRONG | TONING CENTER

405.470.7952 • Downtown Bethany

5 Free Visits During Office Hours!
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Print Ad

**GOBBLE UP THE SAVINGS!
\$25 OFF
FIRST CORE MONTH**

CORE STRONG | TONING CENTER

Core Exercises: Tone, Strengthen, & Stabilize

6734 NW 39th Expressway | Bethany, OK
405.470.7952

