

Get Fit Be Pampered

Three Spa Services and a Fitness Center Membership
Now only \$59 a month



The Nifty after Fifty **Total Wellness Program**

provides you with a personally tailored and professionally supervised workout, group yoga and mat pilates classes. Plus, you can enjoy a 30-minute massage, a mini-facial and a paraffin hand or foot treatment every month.

All for only \$59 a month, when you join Nifty after Fifty and pre-pay your membership for at least 3 months.

Feel Great. Look Great. Save Money.

Remember, as a Nifty after Fifty member, you also have access to:

**Clinically Supervised Full-Body Training • Physical Therapy
Spa & Skin Care Services • Computer-Simulated Driving Skills
Brainaerobics™ • Personal Nutritional Counseling
NiftyPeople™ Social Connections**

ENROLL IN THE TOTAL WELLNESS PROGRAM TODAY!

Garden Grove/Seal Beach
12572 Valley View
Garden Grove, CA 92845
(714) 823-4400

Anaheim/Garden Grove
11021 Brookhurst Street
Garden Grove, CA 92840
(714) 399-1111

Whittier
16405 Whittier Blvd
Whittier, CA 90603
(562) 501-2200



THE FITNESS CENTER FOR
YOUR CLASSIC YEARS

www.niftyafterfifty.com