

# Coming Fall 2009

## The ETMC Lake Palestine Olympic Center!

The ETMC Olympic Center is a unique fitness facility featuring advanced exercise equipment and a safe customer-oriented environment. Our highly trained professionals will be there to ensure your safety and proper exercise technique.

Some amenities and features that the ETMC Lake Palestine Olympic Center will offer are:

- Degreed/certified fitness staff
- Fitness assessments
- Personal exercise prescriptions
- Fitness orientations
- Group exercise studio
- 40' x 20' Pool
- Floor and water group exercise classes
- 1/16 mile suspended walking track overlooking the fitness floor
- Locker room facilities
- Coffee lounge
- Cardiac rehabilitation
- Physical therapy
- Life Fitness Signature strength machines
- Hammer Strength free weight equipment
- Life Fitness cardio equipment with personal TV screens, virtual trainers, iPod capability and workout landscapes
- Treadmills
- Upright and recumbent cycles
- Elliptical crosstrainers
- NuSteps
- Arm ergometers
- Airdynes

Call 903-596-3028 for more information, and stay tuned for events in your community and information in your local papers.



**Membership pre-sale  
will begin in early 2009  
at the First Physician's  
clinic at the corner of  
FM 344 and Hwy 155.**

**A very special  
introductory offer will  
be available for NEW  
members who join the  
Lake Palestine Olympic  
Center before the  
facility opens.**

 **ETMC**  
**OLYMPIC**  
**CENTER**