Mary...

go ahead, pamper yourself today at

COMPLIMENTARY
10-Day Membership
reserved for

Mary Meadows

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View Athletic Center

Lincoln View offers custom fitness programs

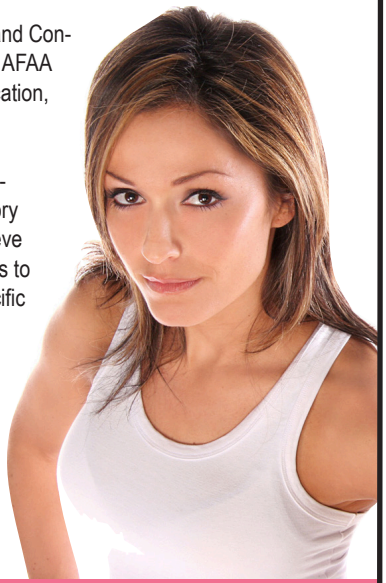
Mary

your personal trainer will be Latisha Smith.

Level: Base II Trainer
Educational Background: Marlington Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First AID/ CPR/ AED Certified

Personal: Mary, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 12 miles from the club, so I hope to see you soon!



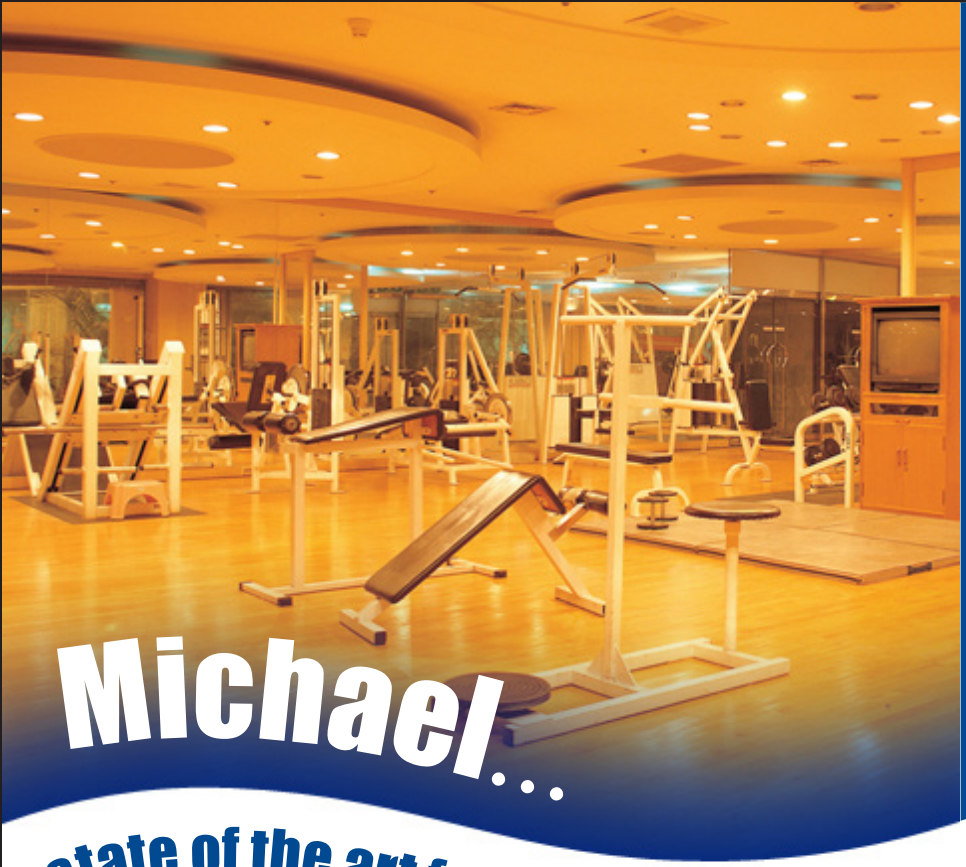
PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Mary Meadows
2510 N Waybe Ave
Suite 2
Schaumburg, IL 60173

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com



Michael...

state of the art facilities available at

COMPLIMENTARY
10-Day Membership
reserved for
Michael Williams

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Michael

your personal trainer will be Sylvia Ashanti.

Level: Senior Trainer
Educational Background: Sandy Valley High School

Certifications: AFAA Personal Training Certification; American Red Cross CPR, First Aid, and AED Certification

Personal: Michael, my interest in strength training began at the age of 13. I've gained experience by teaching a toning program in my hometown, fitness consulting at the SRWC, fitness assessing and writing fitness prescriptions. In addition to weight training, I am also knowledgeable in the areas of cardiovascular endurance and flexibility. You are only 8.5 miles from the club, so I hope to see you soon!

PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Michael Williams
1309 Center Street
Unit 3A
Oak Park, IL 60293

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com

Nancy...

bring the family to experience the

COMPLIMENTARY
10-Day Membership
reserved for
Nancy Olmsted

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

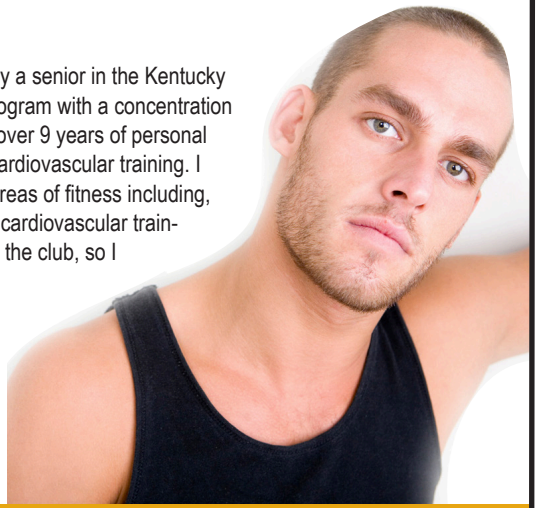
Nancy

your personal trainer will be Marty Cohen.

Level: Senior Trainer
Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Nancy, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 10 miles from the club, so I hope to see you soon!



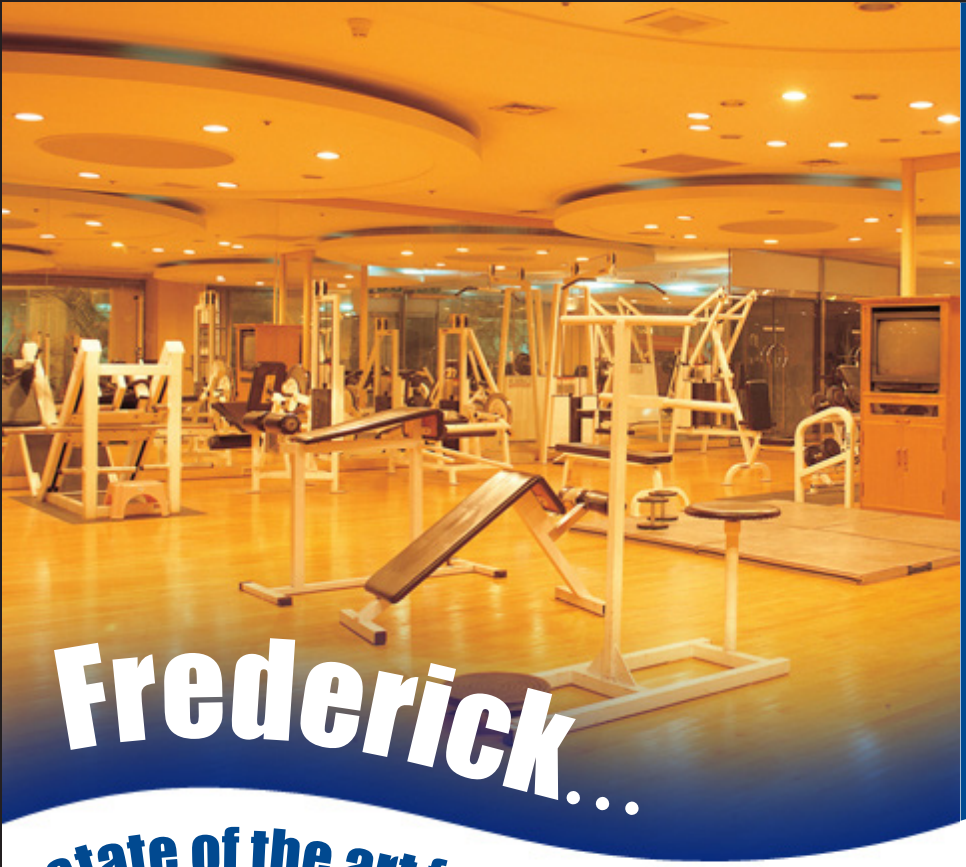
PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Nancy Olmsted
27 East Cermak
Apt. 1
Gary, IN 60347

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com



Frederick...

state of the art facilities available at

COMPLIMENTARY
10-Day Membership
reserved for
Frederick Mercury

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

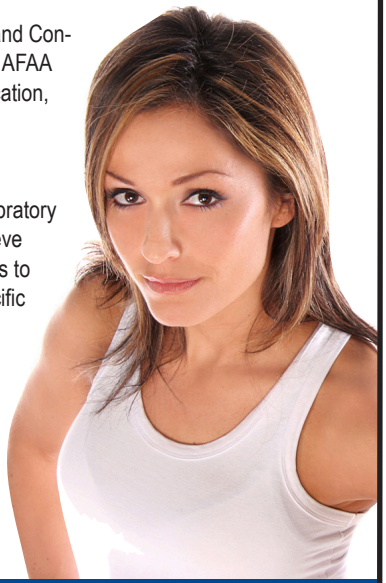
Frederick

your personal trainer will be Latisha Smith.

Level: Base II Trainer
Educational Background: Marlington Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First AID/ CPR/ AED Certified

Personal: Frederick, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 4 blocks from the club, so I hope to see you soon!



PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Frederick Mercury
2510 N Wayne Ave
Suite 109
Chicago, IL 60614

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com

Monica...

go ahead, pamper yourself today at

COMPLIMENTARY
10-Day Membership
reserved for

Monica Jones

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

Monica

your personal trainer will be Sylvia Ashanti.

Level: Senior Trainer
Educational Background: Sandy Valley High School

Certifications: AFAA Personal Training Certification; American Red Cross CPR, First Aid, and AED Certification

Personal: Monica, my interest in strength training began at the age of 13. I've gained experience by teaching a toning program in my hometown, fitness consulting at the SRWC, fitness assessing and writing fitness prescriptions. In addition to weight training, I am also knowledgeable in the areas of cardiovascular endurance and flexibility. You are only 14 miles from the club, so I hope to see you soon!

PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Monica Jones
1305 Remington Rd
Unit 92
Schaumburg, IL 60173

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com

Gina...

bring the family to experience the

COMPLIMENTARY
10-Day Membership
reserved for

Gina Katze

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

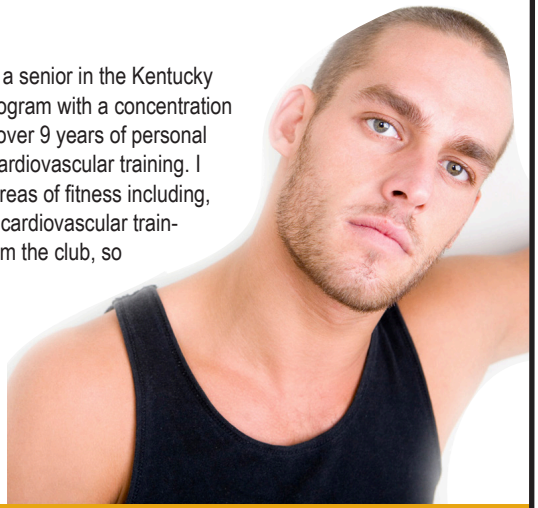
Gina

your personal trainer will be Marty Cohen.

Level: Senior Trainer
Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Gina, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 15.5 miles from the club, so I hope to see you soon!



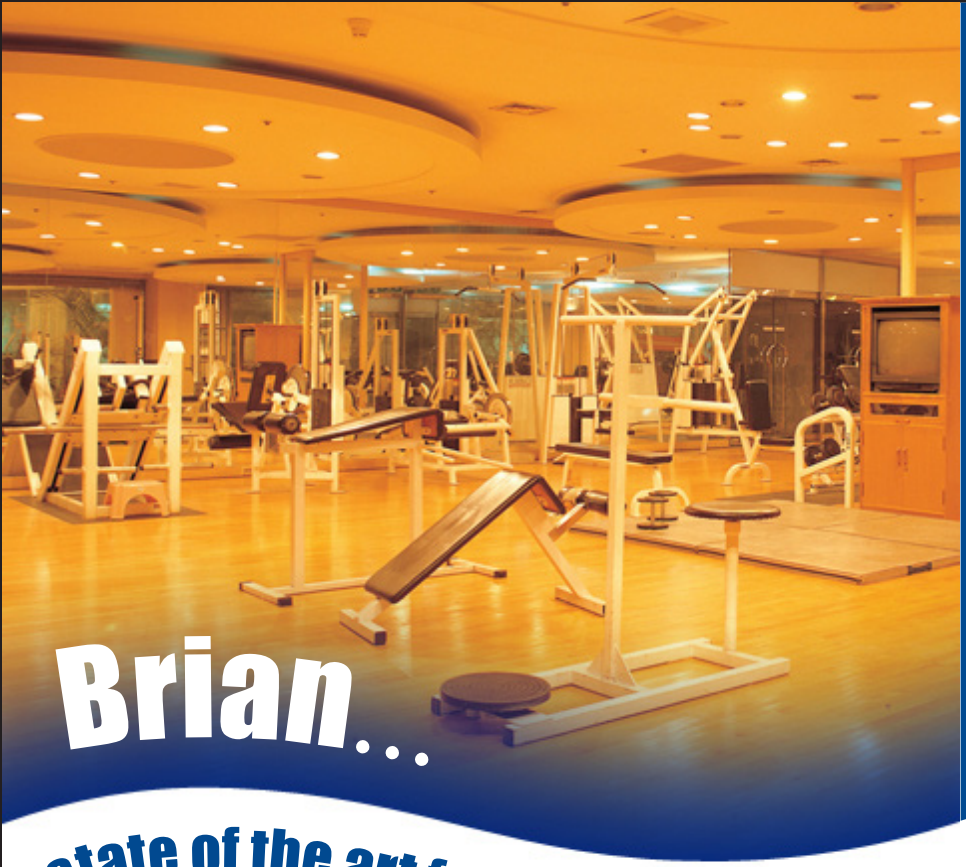
PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Gina Katze
26 Stone Crop Rd
Apt. 12-B
Hinsdale, IL 60614

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com



state of the art facilities available at

COMPLIMENTARY
10-Day Membership
reserved for
Brian Skey

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View
Athletic Center

Lincoln View offers custom fitness programs

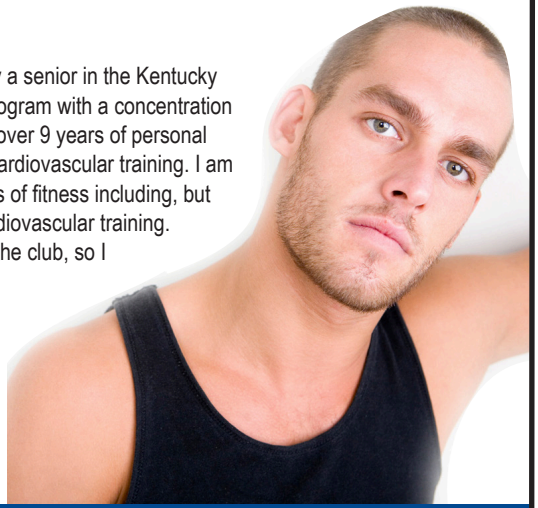
Brian

your personal trainer will be Marty Cohen.

Level: Senior Trainer
Educational Background: Supreme Hoban University

Certifications: Training Certification; American Red Cross CPR, First Aid, Preventing Disease Transmission and AED Certification; American Heart Association CPR

Personal: Brian, I am currently a senior in the Kentucky University Exercise Science program with a concentration in Exercise Physiology. I have over 9 years of personal experience with strength and cardiovascular training. I am very knowledgeable in all areas of fitness including, but not limited to: strength and cardiovascular training. You are only 23.4 blocks from the club, so I hope to see you soon!



PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Brian Skey
2992 Workout Way
Suite 2
Camden, IL 65887

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com

Molly...

go ahead, pamper yourself today at

COMPLIMENTARY
10-Day Membership
reserved for

Molly Ringer

- All of the Latest Equipment
- Sport Courts / Rock Climbing
- 24 Hour Access

Lincoln View Athletic Center

Lincoln View offers custom fitness programs

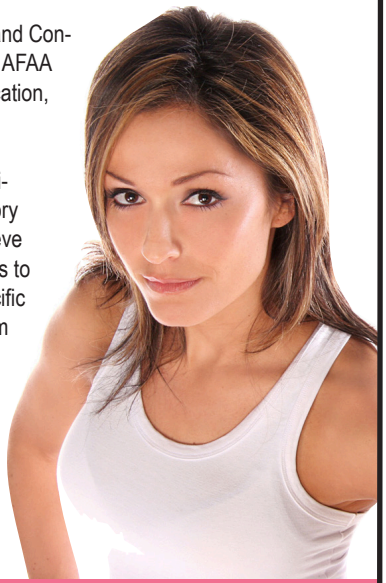
Molly

your personal trainer will be Latisha Smith.

Level: Base II Trainer
Educational Background: Marlington Community College

Certifications: NSCA C-PT (National Strength and Conditioning Association Certified Personal Trainer), AFAA Personal Training and Fitness Counselor Certification, and First AID/ CPR/ AED Certified

Personal: Molly, I believe that exercise and nutrition are crucial to having a healthy and celebratory lifestyle. I am anxious to help all my clients achieve their well-being goals, and will go to great lengths to make sure my workouts cater to my client's specific needs and interests. You are only 3.5 blocks from the club, so I hope to see you soon!



PRESORTED
1st CLASS
US POSTAGE PAID
Chicago, IL
PERMIT NO 2112

Molly Ringer
1111 Wellington Way
Apt R
Chicago, IL 62349

Sample created using

DESIGNMERGE®
Professional Variable Data Software for Adobe® InDesign®

www.DesignMerge.com