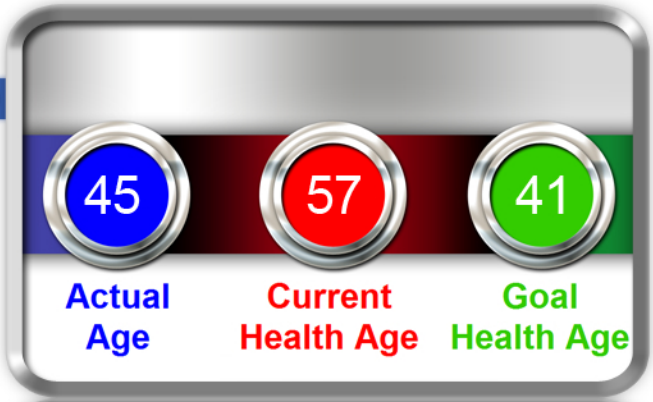
THE Claremont Club

INSPIRING A COMMUNITY OF HEALTHY LIVING

Orientation Weight Loss

Health Age

The Visual Fitness Planner™ (VFP) program calculates your chronological age against seven health risk factors to determine your true health age.



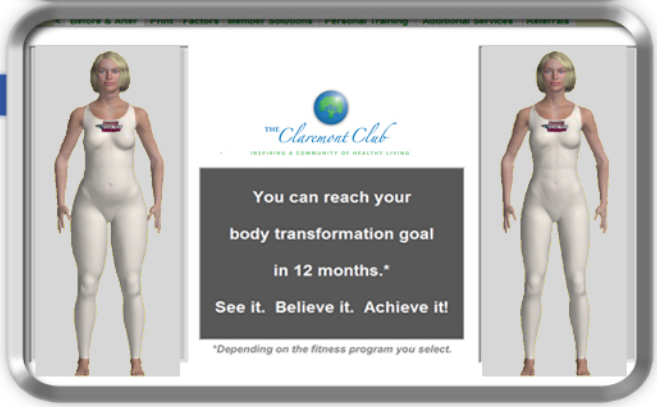
Health Risks

Our staff will utilize the VFP™ to determine your likelihood of contracting Type II diabetes, having a stroke or developing cardiovascular heart disease or cancer.



Body Transformation

The VFP™ will motivate you by showing you a 3-D image of your body's potential change for weight loss and/or muscle growth.



Transformation Plan

At your Goal Setting Assessment, you will recieve a before and after print-out that includes strategies for implementing a successful program to achieve your fitness goals.

Your complimentary assessment (a $75 value) is scheduled for:

Date _____ Time _____ Trainer _____

Location _____ Phone _____

Voucher expires in 30 days.