

TFC TIMES

JULY 2023

www.southshorefitness.com

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JULY MONTHLY CHALLENGE

IN THE MONTH OF JULY, SWIM 100 LAPS
(1 LAP = THERE & BACK)
EARN 400 POINTS

ONCE YOU HAVE COMPLETED THE CHALLENGE,
SEND AN EMAIL TO
JILLSMITH@SOUTHSHOREFITNESS.COM

WE'RE EXCITED TO ANNOUNCE OUR UPCOMING RENOVATION & EXPANSION!



EXPANDED & REVITALIZED WEIGHT ROOM FLOOR



NEW FULLY-EQUIPPED OUTDOOR WORKOUT AREA



STATE OF THE ART DEXA SCANNER TO MONITOR RESULTS



NEW SITTING AREA IN OUR LOBBY ENTRANCE AREA

BELLA VITA DAY SPA JULY SPECIAL

Tropical Berry Refresher Facial

The unique ingredients of Snow Algae, which is known to repair the effects of time. The Spirulina which is high in nutrients, are partnered together with the Marshmallow extract to reduce inflammation and add hydration while repairing & rejuvenating the skin.

Member \$90 Regularly \$100
Non-Member \$100 Regularly \$110

Time Rewind Facial

Renew & revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells & botanicals. The powerful facial is going to brighten, tighten & exfoliate. The ingredients of the Firming Peptide with the Lactic AHA will simultaneously hydrate & brighten your skin, leaving a firm luminous glow.

Member \$149 Regularly \$170
Non-Member \$159 Regularly \$180

Call Today!
3000 Invincible Circle League City Tx 77573 281-334-7540 Texas Health Spa Reg. No. 880698

SHAKE RATTLE & ROLL
5-8 YEARS OLD

KIDS SUMMER CAMP

SHOCKWAVES
9-12 YEARS OLD

LEARN MORE & REGISTER.



JULY FUN FITNESS FACT

Did you know regular exercise prevents cognitive decline? According to research published by Florida Atlantic University, "long-term exercise profoundly benefits the aging brain". To read more about how regular physical activity can keep you sharp, scan the QR code:




July Special at the Bistro



BUY ONE, GET ONE 20% OFF

3000 Invincible Circle | League City, TX 77573 | Texas Health Spa Reg. No. 880698

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