

If it doesn't  
**CHALLENGE** you  
it doesn't **CHANGE** you



#### WHY SHOULD YOU JOIN?

#### CLIENT TESTIMONIALS

#### THE ARENA CLUB EXPERIENCE

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*"Nicole gave me tips on how to improve my diet. The results have been dramatic. My check up this year was great. My doctor told me my health was terrific. My strength and endurance has steadily increased."*

*I cannot thank Nicole enough for all the hard work she put into giving me the tools to reach and surpass my health and fitness goals. She is absolutely the BEST!*

Bob Weisengoff, 50

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play

#### LATEST NEWS

##### T-BALL IS BACK THIS FALL!

Sign up now for T-ball Saturdays at the Sports Academy. Sessions starts in September.  
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##### JOIN THE FUN AT THE PUMPKIN SPLASH

Bring your family out for a fun Halloween Celebration on October 27th from 6-8pm.  
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##### PINKAPALOOZA

October 20th from 8am to noon to benefit the Chesapeake Cancer Alliance. Join us for Benching for Breastcancer, the Les Mills Fall Program Launch, Pink Treadmill Run, Door Prizes, Refreshments and more.  
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##### HOLIDAY BASEBALL CAMP

A camp for kids ages 6-13 years old. It will be held at the academy location and will consist of fun filled baseball activities.  
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#### NEWSLETTER

GET INFORMED. GET FIT.  
**SUBSCRIBE**

Name

Email

**SUBSCRIBE**

#### PARTNERS : SWEAT 2 SAVE

Our members enjoy major discounts from over 70 area businesses.

**410.734.7300**

2304 Churchville Road  
Bel Air, MD 21015

M-Th 5am to 10pm  
Fri 5am to 9pm  
Sat/Sun 7am to 6pm

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