

Prescription for Health



Ask your doctor how to get your Prescription for Health with p.r.e.p.

60 days for \$60

Through your doctor's referral, p.r.e.p. participants meet with The Arena Club's Medical Fitness Professionals twice a week for 60 days in small group settings. You will also receive a fitness membership to The Arena Club during the 60 days to enjoy all the amenities the club has to offer.

Ask your doctor for a p.r.e.p. prescription today!

www.thearenaclub.com/prep

Live your best.



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