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Two young, ambitiously poor farm boys from Limestone, Tennessee wanted to start a business. Whatever would they do? They first thought about starting something that every teenage boy dreams about! Obviously, that would be the Victoria's Secret Catalog! Alas, the two are no longer teenagers and the good Lord above convicted them of their lusty intentions. They also had the bright idea of starting a small country! However, there weren't enough dumb people in the world to follow them. Finally, they had it! They would open up a drug-free gym. But not just any gym, it would be a health club. An architectural masterpiece decorated with jazzy colors, and stocked with state of the art equipment direct from the Corporate Dyna Body Office. A place that was fun, exciting, and full of energy - a place that was called Dyna Body by Lee and selected as a showcase Health Club for the five state areas. So on January 1, 2001 - in the Year of our Lord Jesus - **Dyna Body by Lee** was born in Abingdon, Virginia.

*"The truth is, I am
what I am today
because of what I
believed about
myself yesterday.*

*And I will be
tomorrow what I
believe about
myself right now."*

--Joel Osteen

2 WEEK PASS

*I would like to offer you a special
invitation to try Abingdon's Health
Club absolutely free for two weeks.
Take care of your body now, so your
body will take care of you later.*

Healthfully Yours, --Lee

Dyna Body by Lee

24 HOUR FITNESS



Health is a Choice
Make Dyna Body by Lee yours!

Office Hours

Mon-Thurs. ~ 5:00 am - 11:00 pm
Friday ~ 5:00 am - 7:30 pm
Saturday ~ 8:00 am - 6:00 pm
Sunday ~ 1:00 pm - 5:00 pm

276-739-0188

Memberships as low as \$27.00 per Month

Memberships	12 Months	24 Months	36 Months
(prices below are monthly prices)			
Silver (Single)	\$39	\$35	\$27
Silver (Couple)	\$60	\$55	\$50
Gold (Single)	\$42	\$38	\$30
Gold (Couple)	\$70	\$60	\$55
Platinum (Single)	\$125	n/a	n/a
Platinum (Couple)	\$195	n/a	n/a
No Contract	\$45	n/a	n/a
Family	see club official		
<p>All memberships are paid by a mandatory automatic draft. You may choose to have your account drafted on one of the following days: The 1st, 5th, 10th, 15th, 20th, or the 25th.</p>			

Membership Descriptions

Platinum Memberships

This membership includes 3 motivating “one on one” personal training sessions every week. Normally, we charge \$20 per session for “one on one” training adding up to \$240 per month. This program allows a more economical way of staying fit than hiring expensive personal trainers. Basically you are paying \$5 per session to have someone stay with you throughout your whole workout. That’s unheard of! This membership also includes 24 hour access, free tanning, the spa areas, all the group fitness classes, and one free massage per yearly signup. You may downgrade this membership to Gold after 3 months. Get motivated and stay motivated with a platinum membership.

Gold Memberships

This membership includes 3 personal training sessions every 4 weeks. A personal trainer will contact you every 3 weeks to set up your free monthly personal training sessions so you stay motivated, encouraged, and focused. It also includes 24 hour access, free tanning, the spa areas, all the group fitness classes, and one free massage per yearly sign-up.
(Does not include “one on one” training)

Silver Memberships

This membership includes 3 personal training sessions every 6 weeks to keep you educated and motivated. It is up to you to schedule your own training sessions with this membership. Free unlimited tanning, the spa areas, all the group fitness classes, and one free massage per yearly sign-up.
(Does not include 24 hour access)

Non-Contract

This membership includes free tanning, the spa areas, and all the group fitness classes.
(Does not include any personal training or 24 hour access)

What do we have to offer with a standard membership?

- Unlimited tanning with twister bulbs
New Bulbs... HOT!!
- Personal training every 4-6 weeks
- Fitness & goal evaluations
 (body fat, weight and measurements)
- Group fitness classes
- Dry heat saunas and a therapeutic hot tub
- Men’s free weight room
- Coed machine room
- *Private ladies facility*
- **New** cardio equipment with integrated XM-Radio
 (just plug your head phones in and go)
- Massage therapy (First one FREE!)
- Discounted price on all sports supplements
- **New** 24 hour facility

What separates Dyna Body by Lee from the rest?

- We have been in business 6+ years
- We clean our facility an average of 4 times daily
- When you become a member at Dyna Body we will assign you a personal trainer who will meet with you every 4 weeks to assess your progress, set-up a new program, and set new goals through dietary suggestions and motivational training.
- *At Dyna Body, you are always making progress*
- The only 24 hour fitness club in the area