



Southside Fitness

Bring in this flyer for a

1 Day Free VIP Membership

Come workout with us today!

Strengthening Body and Mind

Our patient, motivating staff will help you get the results you want!

Open daily

Monday - Thursday: 5 am to 10 pm

Friday: 5 am to 9 pm

Saturday: 7 am to 5 pm

Sunday: 10 am to 4 pm

SOUTHSIDE FITNESS

PH: (863) 701-7700

FX: (863) 701-8937

1637 Shepherd Road

Lakeland, FL 33811

One free One Day VIP Membership per person per year