

# ad sizes + rates

**FULL PAGE**

**COVER**

10.25 x 12.25  
trim size

**INSIDE**

10.75 x 12.75 bleed      9 x 11.25

**ONLINE BANNER**

300 x 275  
pixels @  
72 ppi

**1/2 PAGE**

9 x 5.5      4.375 x 11.25

**1/4 PAGE**

9 x 2.625      4.375 x 5.5

**1/8 PAGE**

4.375 x 2.625      2.0625 x 5.5

## closing dates

**Space Reservation Deadline:**  
15th of the month prior to publication.

**Art Materials Deadline:**  
20th of the month prior to publication.

## terms

All rates are gross to advertising agencies and include a 15% agency commission, provided invoice is paid within 60 days of invoice date. First month's payment is due upon signature of your ad agreement. Payment by check, cash, VISA, MasterCard.

## camera ready art requirements

**File Formats:** Hi-res PDF, JPG and TIFF at 300 dpi minimum

**Delivery:** Email materials to amyfitness@comcast.net

Rates Per Month	12x	6x	1x
<b>Back Cover</b>	\$1695	\$1895	\$2495
<b>Inside Front Cover</b>	\$1595	\$1795	\$2395
<b>Inside Back Cover</b>	\$1495	\$1695	\$2195
<b>Full Page</b>	\$1095	\$1295	\$1595
<b>1/2 Page</b> (vertical or horizontal)	\$795	\$995	\$1265
<b>1/4 Page</b> (vertical or horizontal)	\$595	\$655	\$795
<b>1/8 Page</b> (vertical or horizontal)	\$199	\$249	\$375
<b>Banner</b> (online)	\$299	\$349	\$475