



SUMMER SLIMDOWN

SMALL GROUPS

FOCUSED ON SHEDDING THE
REST OF THAT WINTER WEIGHT

STARTING MID APRIL!

\$99 FOR 5 WEEKS

AVAILABLE GROUPS

REGISTER ONLINE OR AT THE FRONT DESK

MONDAYS - 6:15 PM - SARAH
APRIL 15, 22, 29, MAY 6, 13

MONDAYS - NOON - SHANNON
APRIL 29, MAY 6, 13, 20, 27

TUESDAYS - 9:30 AM - DENAE
APRIL 16, 23, 30, MAY 7, 14

TUESDAYS - NOON - AUBREY
APRIL 16, 23, 30, MAY 7, 14

WEDNESDAYS - 7:30 AM - JOSH
APRIL 17, 24, MAY 1, 8, 15

THURSDAYS - 10:30 AM - AUBREY
APRIL 18, 25, MAY 2, 9, 16

THURSDAYS - 6:00 PM - SARAH
APRIL 18, 25, MAY 2, 9, 16

FRIDAYS - 6:00 AM - PHILLIP
APRIL 19, 26, MAY 3, 10, 17

SATURDAYS - 8:05 AM - SARAH
APRIL 27, MAY 4, 11, 18, 25