

In lieu of this month's newsletter we have attached a flyer about our new fitness classes. We are still in the same location, but have reconfigured our space to allow for small groups.

We hope you get a chance to take advantage of our classes, but we are also extending an invitation to you and your friends to make your own class. That's right, a group of 4 people can ask for a class to be tailored just for them! Pilates, Yoga, Low-impact Aerobics, Body Pump, Country line Dancing—you name it! We can also try to arrange a day/time that suits your group--once a week or once a month—just call to find out the details.

Thanks!

"No Sweat" Fitness

760.238.1467

www.NoSweatFitnessTraining.com

Private Fitness Classes!

Fabulous Abs! \$5

Mondays 5:15pm to 5:45pm

Get a strong core in only 30 minutes.



Butt Blaster \$5

Mondays 6:00pm to 6:30pm

The focus is on butt, hips & thighs.

Stretch \$8

Wednesdays 6:00pm to 6:45pm

Improve flexibility, reduce stress & relax.



"No Sweat" Fitness

73-730 Hwy. 111 Suite 5, P.D.

760-238-1467

Limited number of spaces,so call ahead to reserve your spot.