

# BODY FIT

TAUGHT BY PERSONAL TRAINER,  
LORI FRITCHEY

## WHEN

Monday & Wednesday  
5:30 PM—6:30 PM

## WHERE

AREA ONE

## PRICING

Members

**\$75** Per Month -OR-  
**\$12.50** Per Drop In

Potential Members

**\$100** Per Month -OR-  
**\$15.00** Per Drop In

COME TRY IT OUT, YOU  
FIRST WORKOUT IS  
**FREE!!!**

Featuring • **Queenax** • Free Weights  
• **Resistance Equipment** • Stability  
Balls • **BOSU Balls** • And Other Gym  
Toys !!

## PROGRAM

Register at the Member Board

A fun, dynamic, group setting focusing on core strength, conditioning exercises, strength and resistance training, flexibility and balance. Proper form, warm up and end of workout stretching is emphasized. Each workout is different and geared to challenge you but at your own pace. Also a Great Beginning Workout to get you on your path to Fitness!!

**WORK, SWEAT, & FUN!!!**

**WWW.CLUBNW.COM**

