

# JULIE'S **FIT** **NESS** STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

# FALL FITNESS FRENZY

## WHEN

**Saturday September 29th**  
**7:30am-11:45am**

## WHERE

**Julie's Fitness Studio**

6763 Providence Street Whitehouse, OH  
juliesfitstudio@gmail.com

**[www.juliesfitstudio.com](http://www.juliesfitstudio.com)**

Questions or to sign up for SPIN/TRX  
Call Julie @ 419-350-7426

## CLASS SCHEDULE:

**Gentle Yoga** 7:30-8:00am

**Spin** 8:15am-8:45am

(Sign-up required)

**Cardio Drumming** 9:00-  
9:30am

**Fully Fit** 9:45-10:15am

**Turbokick** 10:30-11:00am

**TRX 101** 11:15-11:45am

(Sign-up required)

## WHAT TO EXPECT:

TOUR THE STUDIO

TRY ONE OR ALL CLASSES

MEMBERSHIP SPECIALS

PERSONAL TRAINING INFO

**ALL CLASSES ARE FREE!**