

JULIE'S **FITNESS** STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

FALL FITNESS FRENZY

WHEN

September 23rd, 2017
8:00am - 12:15pm

WHERE

Julie's Fitness Studio
6763 Providence Street, Whitehouse OH
juliesfitstudio@gmail.com

www.juliesfitstudio.com

Questions or to sign up for SPIN
call Julie @ 419-350-7426

CLASS SCHEDULE:

8:00-8:30am: SPIN (sign-up required)
8:45-9:15am: CARDIO DRUMMING
9:30-10:00am: ZUMBA
10:15-10:45am: BODY BLAST
11:00-11:30am: 20/20/20
11:45am-12:15pm: YOGA

HEALTH SCREENING:

8:15am - 12:00pm (sign-up required)



WHAT TO EXPECT:

- *TOUR THE STUDIO
- *TRY ONE OR ALL CLASSES
- *MEMBERSHIP SPECIALS
- *PERSONAL TRAINING INFO
- *HEALTH SCREENING
- *WEIGHT LOSS CHALLENGE KICKOFF

ALL CLASSES ARE **FREE!**