

# JULIE'S FITNESS STUDIO

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU

# JANUARY FITNESS FRENZY

## WHEN

January 6th, 2018  
8:00am - 12:15pm

## 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  
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: TurboKick

10:15-10:45am: Butts/Guts & Guns

11:00-11:30am: Zumba

11:45am-12:15pm: Body Blast



## WHAT TO EXPECT:

- \*TOUR THE STUDIO
- \*TRY ONE OR ALL CLASSES
- \*MEMBERSHIP SPECIALS
- \*PERSONAL TRAINING INFO

ALL CLASSES ARE **FREE**

**BRING A FRIEND!**