



INTRODUCING \$FIVE DOLLAR FITNESS

*Classes begin on Thursday,
July 8th at 4:15pm to 5:00 pm
and will be held on Tuesday/Thursday
afternoons (4:15pm to 5:00 pm) and
Monday, Wednesday and Friday mornings
(7:15am - 8:00 am)*

Classes Feature:

- ❖ *Circuit Training*
- ❖ *Strength Training*
- ❖ *Fat Burning Exercises*
- ❖ *Nutritional Evaluation and Guidance*
- ❖ *Weight, Measurements, Body Fat
Analysis*

*For more information about and registration,
call Tina Brown at 410-542-3583 or 410-491-
1779*