

Join Us!
**IT'S OUR
HEART**

**7-DAY
CHALLENGE**

February is **National Heart Month**.
Come join us for our **7-Day
Cardio Challenge!**

THE CHALLENGE

Attend a week of 30-minute cardio workouts. Workouts will change daily and will include Low-Impact, STEP, Kickboxing and more. Kick off is Sunday, February 12 with our Finale class Saturday, February 18.

SIGN UP EARLY

\$35

Space is limited so advance sign-up is a must.

2/12 SUNDAY	2pm
2/13 MONDAY	6:30am / 5:30pm*
2/14 TUESDAY	6:30am / 5:30pm*
2/15 WEDNESDAY	6:30am / 5:30pm*
2/16 THURSDAY	6:30am / 5:30pm*
2/17 FRIDAY	6:30am / 5:30pm*
2/18 SATURUDAY	9am

**Note that there are morning and evening classes during the week. Feel free to come to one or both classes.*