

“Basic Fitness”

Combine light strength, cardio and flexibility training for a complete fitness experience!



Have you been feeling like you’ve added a little muffin top around your middle???

No worries, Basic Fitness is here to help!
****All fitness levels welcome****

CLASS DATES & TIMES

Tuesdays: March 24th, 31st & April 7th (6:00pm – 6:45pm)

\$10.00 per class!! Class sizes limited to 5 people maximum, 3 people minimum. Reserve Today!!

(Payment for all 3 classes is requested at 1st class.)

**E-mail pdanctil@yahoo.com with any questions
All classes held at 10101 Woodland Rd. Suite #230**