

TOTAL BODY FITNESS

Mondays

7:30pm - 8:30pm

Total Body Fitness is a moderate to intense cardio, strength, and toning class that will work every muscle group. We will use easy to learn cardio routines, resistance bands, and body weight strength training. Careful attention is paid to correct form and stretching practices. Try your first class for free and experience Total Body Fitness!

\$32 Punch Card (8 classes)

\$6 drop -in

**Fitness Hooper

Call 509.498.9250 to register today!



PIC•COLLA