



Get fit

Connie Reeves, CPT
Certified Personal Trainer
Fitness Instructor

LOOKING TO GET FIT?

Look no further...here's your solution!

HEALTHY WOMAN

"30-Minute Power Pump"

followed by (optional)

20-Minute Power Walk Cardio

Mon., Tues., & Thurs.: 9:30 a.m., 12:15 p.m. & 5:30 p.m.

Cost: \$45 per month

30-minute blend of resistance strength training, low-impact movement, a little fun kickboxing, along with pilate and yoga poses to create a unique fusion

Senior Circle

"Let's Move It"

Mon., Tues., & Thurs.: 10:30 a.m. - 11:10 a.m.

Cost: \$35 per month

40-minute blend of light resistance strength training, low-impact movement, balance, stretch, flexibility moves, along with beginner pilate and yoga poses

302 Medical Park Drive, Suite 103

936/674-7775