



GROUP EXERCISE

Join the Party! “Cardio Mash UP”

(ZUMBA type class- Fun Dance & Kickboxing-No Coordination Necessary)

Tuesday & Thursday Evenings-6:15-7:00pm

Do you work in the INOVA Professional Building?
Any Doctor, Nurse or Administration will receive:
10% OFF a Fitness Punch Card
(REGISTER TODAY)

\$70.00-FITNESS 10-VISIT PUNCH CARD (EXPIRES IN 90 DAYS FROM PURCHASE DATE)/ \$12.00 DROP IN FEE