



BLOSSOM & BLOOM INTO FITNESS
ACT NOW WATCH YOURSELF GROW!

GROW CONFIDENCE, HAPPINESS & A HEALTHY LIFESTYLE

TUESDAY

ZUMBA- 7:30-8:15PM

WEDNESDAY

BOOTCAMP-6:30-7:15PM

THURSDAY

KICKBOXING-7:30-8:15PM

FRIDAY

HAPPY HOUR BOOTCAMP-5:00-6:00PM

(BRING YOUR OWN HEALTHY BEVERAGE TO SHARE AFTER CLASS)

Drop In Fee-\$10.00/Per Class

Fitness Punch Card -7Classes: \$55.00

(Good For all Fitness Classes/Expires After 90 Days)

FOR MORE INFORMATION CONTACT: FOOTLOOSE DANCE & FITNESS 540-338(FOOT)3668