

Are you ready to get your “BODY FIT”?

Then come try this fun and dynamic workout class that combines strength training, core conditioning, and cardio to get your heart pumping and reshape your body! It’s like having your own personal trainer along with the motivating benefit of a group atmosphere. Body Fit is held on Tuesdays and Fridays from 9-10 am at the IH Clubhouse in Lakeland. Come try your first class for FREE! For more info contact Jennifer Pede CPT at 901.218.4251 or spingirl78@yahoo.com.