

# ***Body Fit***

***Are you bored of your current workout routine? Then sign up for the ultimate class for all fitness levels who want to get an all-in-one workout. This fun and dynamic workout combines strength training, and cardio all in one class to get your heart pumping and reshape your body!***

***Please bring an exercise mat, a pair of 5lb dumbbells and water.***

***Come try it out for FREE on June 15<sup>th</sup> at 9:00am!***

Where: IH Clubhouse at 4523 Canada Road

***\*\*The 8 week program will start June 22***

***For more information contact Jennifer Pede CPT at [spingirl78@yahoo.com](mailto:spingirl78@yahoo.com)***

***Or 901.218.4251***