

Body Fit IS Back!

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.

Where: IH Clubhouse at 4523 Canada Road

When: Tuesday and Friday mornings form 9:00 -10:00am

*****The 8 week program will run August 17th –October 5th*****

For more information contact Jennifer Pede CPT at spingirl78@yahoo.com

Or 901.218.4251