

40 Day *Swing Into Spring*

Fitness Challenge Starts February 1st!

THE 40 DAY CHALLENGE:

Take as many classes
AND Personal
Training sessions as
you can for 40 days!

Classes are **FREE**
and we're offering a
Swing into Spring
Personal Training
Special ...12- 30
minute sessions for
only \$370.

Prizes will be
awarded in
3 Different Age
Groups.

See the front desk to
sign up. You must
have an official
"challenge card" to
participate .

**LET'S GET
SWINGING!!!!**



PREMIERELADY
fitness and spa