

First Class is Free!!

All Levels Welcome!

Interval Fit Camp!

Begin your day feeling fit and energized!

In this Fit Camp we complete a variety of exercises with intervals of:

- Cardio
- Strength & Toning exercises
- Abdominal and Core strength components
- Relaxing cool down stretches

Interval training is designed to trim and tone your body - ideal for losing weight and building strength quickly!

Join us Tuesday and Thursday mornings 7-8 am

Beginning Tuesday Feb. 17- Mar. 19

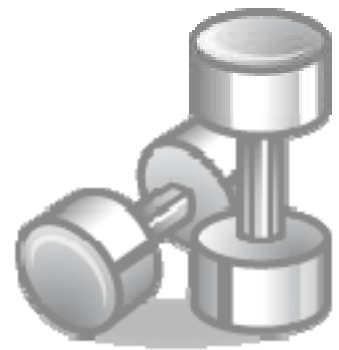
5 weeks/ 10 sessions

Valley Health and Fitness Members:

Drop in- \$5.50 or Register- \$45

Non-Members:

Drop in-\$10.50 or Register-\$90



Radiant Fitness and Nutrition
www.RadiantFit.com

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Register today!