



V A L L E Y

HEALTH^{and}FITNESS

Presents...



BOXERCISE!

with Jennifer Manson

Boxercise is one of the most effective forms of cross training as it combines cardio, weight and resistance training. A fun, energetic and addictive workout, Boxercise is a great stress reliever and is suitable for all fitness levels. Join us **Saturday** afternoons from 4 -5pm to get in shape and look great with this total body workout!

Classes are from May 22 to June 26th. Come try a FREE introductory class Sat. May 15, 4 - 5pm!

Members: 6 sessions - \$30

Non-Members: 6 sessions - \$60

Register early to ensure your spot!