

RISE & SHINE ON
MONDAY MONRINGS

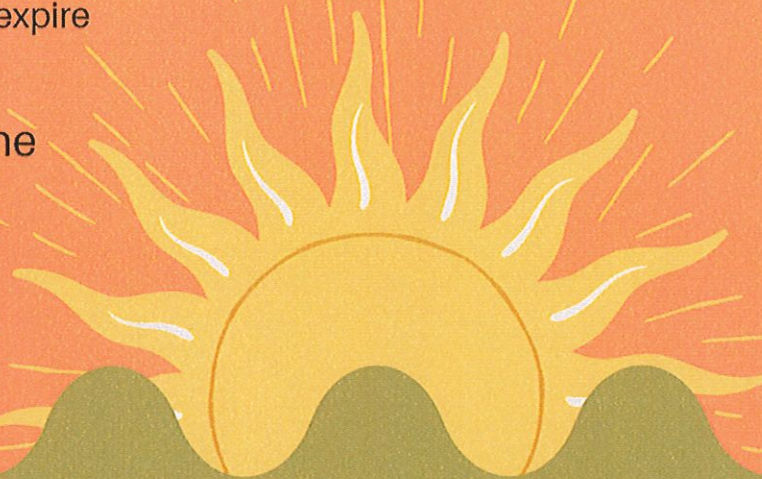
balance, strength & stretch

MONDAYS
10-10-45 A.M.

\$25.00 PUNCH CARD FOR ANY 8 FITNESS CLASSES
OR \$5.00 PER CLASS

- punch cards never expire

All classes are no
impact and are done
sitting or standing



Questions?
Call Laura
(815) 338-0125



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