

Slimmercise

Exercise class for Adults

Are you ready for Summer?

Come join the fun and SLIMMERCISE your way to a healthy body!

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|----------------------------------|-------------------|
| * Burn Calories | * Build Stamina |
| * Tone Muscles | * Increase Energy |
| * Improve Flexibility | * Improve Health |
| * Develop cardiovascular fitness | * Feel Great |

Each class is 45 min. in length
With easy to follow instruction

Starting with warmups,
Aerobic segment to increase cardiovascular fitness,
Aerobic cool down to reduce heart rate,
Final cool down to stretch out muscles.

Friday Mornings 10:00-10:45

Call to Reserve your spot in class

* Need a place to put your little one? Flip Time Gymnastics is going on at the same time.

Come check us out

1-Day Pass \$15.00

1-Month Pass \$35.00

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