

**ALL AEROBICS  
CLASSES START AT**

**\$15**

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**PERSONAL SUPPORT IS A VITAL COMPONENT  
OF A FITNESS-BASED LIFESTYLE CHANGE.**



**AEROBICS  
CENTER**



# ACHIEVING YOUR FITNESS GOALS JUST BECAME FUN

## EXERCISE IS HARD ENOUGH.

GET THE MOST OUT OF YOUR WORKOUTS  
BY TEAMING WITH A GROUP CLASS.

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5432 Any Street West  
Townsville, ST 54321

PRST-STD  
U.S. POSTAGE  
PAID  
CITY, ST  
PERMIT NO. XXX

### STEP AEROBICS

TUE & THUR | 8:00 - 7:00

### RETRO-ROBICS

MON & FRI | 5:00 - 6:00

### CARDIOKICK

TUE & THUR | 4:30 - 5:30

### ZUMBA

MON & WED | 7:00 - 8:00

### CIRCUIT TRAINING

TUE & THUR | 6:00 - 7:00

### SPINNING

SAT & SUN | 4:00 - 5:00



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ALL LEVELS | ALL AGES

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YOUR FITNESS  
GOALS JUST  
BECAME  
FUN

**STEP AEROBICS**  
TUE & THU | 6 - 7

**ZUMBA**  
MON & WED | 7 - 8

**RETRO-ROBICS**  
MON & FRI | 5 - 6

**SPINNING**  
SAT & SUN | 4 - 5

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**ALL LEVELS**  
**ALL AGES**



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