



Join us for a six week course working
with a Certified Trainer and Registered Dietitian

Mondays and Wednesdays

10:15-11:30am

January 7 - February 20, 2019

Call to Register at 417.720.3670

1311 E Republic Rd Springfield MO 65804

DEADLINE TO REGISTER IS DECEMBER 21ST



Ages 7-15
all fitness levels
welcome

ONLY \$89

**COURSE WILL HAVE 45 MINUTES OF GUIDED TRAINING IN THE GYM
WITH A CERTIFIED TRAINER FOLLOWED BY A 15 MINUTE LESSON ON
GOOD NUTRITION HABITS WITH A REGISTERED DIETITIAN**