

AYB

HOLIDAY

PARTY

JOIN US AT AYB FOR SNACKS, DRINKS, AND GIVEAWAYS!

SATURDAY DECEMBER 22
10:00AM-11:00AM

● ● ●
WE WILL BE GIVING AWAY:

- *ONE MONTH OF CLASSES
- *INITIAL NUTRITION SESSION WITH ALIX
- *VO2 MAX SESSION
- *RMR SESSION



PLEASE
RSPV!

417.720.3670

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