

WHETHER YOU'VE BEEN

NAUGHTY OR NICE

NAUGHTY WORKOUT
8:30AM-9:00AM

WARNING, EXPLICIT LYRICS

NICE WORKOUT
9:15AM-10:00AM

WE WANT YOU TO COME WORKOUT WITH US
ON DECEMBER 22!

Join us for one (or both!) donation workouts to
benefit Ali Rich in her fight against cervical
cancer

*AYB client appreciation holiday party to follow
workout*

