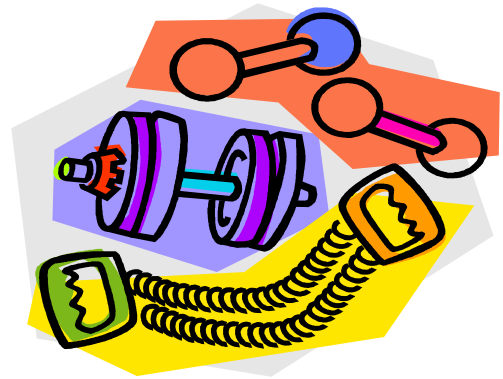


# Fitness Class

Come join Brad Bishop from  
Results Fitness ...



...for a wonderful, healthy, invigorating exercise class that will get your muscles moving and learn healthy fitness techniques, improve your posture, increase your flexibility and improve your balance!

Class takes place on  
Monday's and Wednesday's at  
2:00

Suggested Donation is  
\$2.50 per class

