



## YOFITLATES 2012

Come join us for a Fitness Fundraiser for Emerson School PTO!

January 10<sup>th</sup>-February 14<sup>th</sup>

Meets every Tuesday from 6:00 -6:35 a.m.

Emerson Elementary School Gymnasium

6 weeks = \$29

Come start your day with a wonderful blend of Yoga, Pilates and Fitness strengthening/toning.

A great way to start the New Year!

All classes taught by Joy Grout/Personalized Fitness for You

Bring a mat and a bath towel with you to each class!

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Registration form:

Name \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Emergency contact person and # \_\_\_\_\_

Please drop off your registration form, liability release and payment to EMERSON SCHOOL. Make all checks payable to Personalized Fitness for You. If you have any questions regarding this class, please call Joy Grout 524-7747. We look forward to seeing you! ☺