



Start your New Year with a gift of Health

Classes begin January 9th! ☺

Meets every Monday morning at Girls Inc. for 8 weeks

Fit 55 class 8:45-9:35 a.m. Choose 8 classes/\$40

Choose 6 classes \$30 / Sign-up with a friend for 8 classes \$38

Come energize your day with a wonderful blend of

Cardio, Pilates, Fitness strengthening & Core stability.

All classes taught by Joy Grout/Personalized Fitness for You

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

(if you have filled out a form for previous classes and your information is the same, you do not need to complete this form)

Registration form for "Fit 55"

Name _____

Address _____

Phone # _____

Emergency contact person and # _____

I am signing up with my friend for \$38 _____

Please bring your registration form and payment with you to your first day of class. Make all checks payable to Personalized Fitness for You.. More info? Please call 524-7747