



## Get Ready It's a New Day

Join **Mike Whitehouse** and grind through another 8 week session of 21 tough but fun classes. Each will be a combination of strength, cardio, and everything in between.



**Mon, Wed & Fri**  
**5:15 am - 6:15 am**  
**Nov 5 - Dec 24**  
**(No Class 11/12, 11/23)**

**\$100 Members**  
**\$125 Non members**  
**\$10 Walk ins**

**It takes 21 days to form a habit. Why not start today?**

Sign up at the front desk by the first session to take advantage of the discounted rate!

Call James McMahan, Fitness Director, at 684-0260 for more information.



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