

FREE EXERCISE CLASSES

WHERE: Birnam Wood Clubhouse
(at the end of Birnam Wood Blvd)

WHEN: Monday - Wednesday - Friday
8:30am - 9:30am

WHAT: Full body workout
Stretching - cardio - toning

WHO: Adult male or female of any age. Exercises
can be altered to fit your own fitness level.

BRING: Mat and Water. Wear comfortable loose
clothing and athletic shoes and socks.

For questions and details e-mail Melissa at
fitness.firm@yahoo.com