

ForeverFit

5497 Broadway, Lancaster



12 Week Session Starts Monday, September 13, 2021

CARDIO GROOVE - You will have a blast in this easy-to-follow, choreographed dance class that will get your heart pumpin' without any jumpin'. Appeals to all ages, shapes and sizes! Please bring light weights and yoga mat.

CHISEL GROOVE - This class uses light dumbbells and your own body weight for a total body workout. Let's get rid of those bingo arms and start to whittle your middle! Weights are provided but please bring a yoga mat.

COMBO GROOVE - This class combines a little dance, a little yoga, a little pilates and a little toning. While focusing on balance and posture you will be targeting your guts and butts! Weights provided but please bring a yoga mat.

12 Week Class Schedule:

Monday	Chisel Groove (9am)	Cardio Groove (6pm)
Tuesday	Cardio Groove (9am)	Chisel Groove (6pm)
Wednesday	Cardio Groove (6pm)	
Thursday	Cardio Groove (9am)	Combo Groove (6pm)
Saturday	Combo Groove (8am)	Cardio Groove (9am)

Free Trial Week
Sept. 6th-11th
Must pre-register!
Bring a friend!

12 Week Session Fees:

Classes: 1x per week \$109 • 2x per week \$189 • 3x per week \$199 • Unlimited \$209

**To register for FREE Trial Week OR 12 Week Session,
call Mary Cone at (716) 479-8585**

PLEASE NOTE:

New students who register for the free trial week and are interested in registering for the 12 week session, will have the opportunity to register at class.

Mary Cone: 716-479-8585 • mary.foreverfit@gmail.com • Facebook: ForeverFit with Mary