

Hot Summer Fitness Classes at Ashwood in July

Kick & Tone

This Class will be a combination class of low impact cardio kickboxing to rev-up your metabolism and burn off calories and Full Body toning that's going to help you strengthen and tone all your major muscle groups.

Instructors: Quan Harris

When: 7/12 - 8/12/10 M & W

Where: Aerobics Room

Time: 11:00 - 11:45am

Cost: Only \$60

(minimum of 10 people)

Abdominal Ripper

This Class will be a challenging core workout that's designed to strengthen your Upper & Lower Abs, Oblique, and lower back.

Instructor: Quan Harris

When: 7/16 - 8/13/10 Fridays Only

Where: Aerobics Room

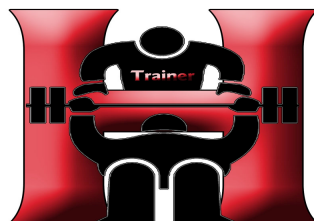
Time: 11:15 - 11:45am

Cost: Only \$30

(minimum of 10 people)



**\$10 off if you sign
up for both classes
Sign up in Fitness Cen-
ter on 7/9/10 10:00 -
11:00am**



Harris Optimum Fitness

Quan Harris

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