

## **July Fitness at Ashwood** **Striving to Achieve Fitness Goals!**



### **Butts & Guts**

This class is designed to slim and strengthen your lower body which includes Hips, Glutes, Abs, and thighs. This class is for all fitness levels.

**Instructor: Quan Harris**

**M & W at 11:00 - 11:45am 7/6/11–8/8/11**

**Price: \$60 No Refunds**

**(Minimum 10 people)**

### **Zumba**

This class combines high energy and motivating music with unique moves and combinations that allow you to dance and burn 500 more calories in an HOUR. Get Free T-Shirt!

**Instructor: Marguerite Sullivan**

**T & TH at 5:30 - 6:30pm 7/5/11 – 8/4/11**

**Price: \$70 No Refunds (Minimum 10 people)**



### **Optimum Fitness Boot Camp**

A great choice for those who may be in a “workout rut,” those that want a kick start to reaching their goals or those who want a challenge to help them reach a higher level of fitness. Program is designed for all fitness levels

**Location is at Hammond Park 705 Hammond Drive Atlanta, GA 30328**

**T & TH at 7 - 8am 7/5/11–8/4/11 Price: \$150 No Refunds**

**Sign up Party: June 29, 2011 at 10:00 - 11:00am in Fitness Center**

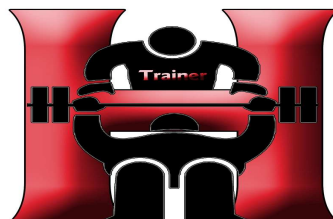
**Ladies & Guys in Motion**

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