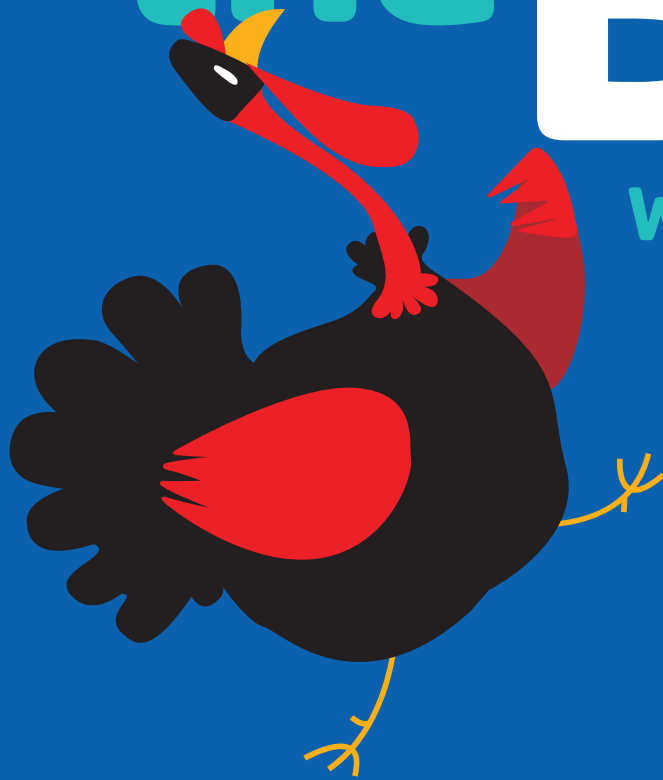


# BURN the BIRD

WITH FITNESS CLASSES



FRIDAY  
NOV 29  
9AM-12PM

TORCH CALORIES FROM THANKSGIVING WITH 20 MIN FITNESS CLASSES  
DO 5 DIFFERENT FITNESS CLASSES TO BE ELIGIBLE FOR PRIZES

REGISTER BY NOV 10 TO GUARANTEE A SHIRT!



MEMBERS \$15  
NON-MEMBERS \$25

CHILDCARE AVAILABLE AT \$3 FOR FIRST CHILD  
\$1.50 FOR EACH ADDITIONAL CHILD