



READY SET GO!

Summer Fitness!

Jam packed gym class for adults,
Sure to motivate any fitness level!

**"A workout you'll
look forward to"**



**"It will leave you
wanting more"**

Gymnastics Style Training
Fun Exercise Stations
Kick Boxing Bag Work

July 1st – August 26

<p>Monday 8:30 AM</p>	<p>Thursday 8:00 AM</p>
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9 weeks for the cost of 8

*Fun activities for kids at the same time!
Ages 1-5*

Please ask front desk for session details & pricing.

603 South Union Lawrence/Andover Line

978-685-7704

www.rsgfitness.com