



Wednesday
@ 9am!

MELBOURNE BALLROOMS'

FREE GROUP CIRCUIT CLASS!

STARTING
APRIL 6TH

6300 N. Wickham RD Suite 132J
Melbourne Florida
(In the Mall next To Paradise Nutrition)

GROUP CLASS ADVANTAGES

- Work out with friends
- Reach your fitness goals in a class setting
- Multiple class offering
- Kids Welcome
- Enjoy classes and the gym
- Burn fat and gain muscle
- Multiple class offering

FREE Group Class Description

CORE CIRCUIT

This circuit training class uses free weights, bands, medicine balls, and much more! This class keeps you moving as you transition from one station to the next.

HERE!!



WWW.FLAFIT.COM
321-431-0824

