

**ONE FREE SESSION
(PRINT THIS FLYER)**

***Body Infusion* by K&R**

AT TODAY'S FITNESS
27 NORMAC RD
WOBURN, MA

FRIDAYS 5:30AM
WEDNESDAYS 5:30PM

A COMBINATION OF STRENGTH, BALANCE AND FLEXIBILITY COMBINED WITH MASSIVE CORE CONDITIONING AND, OF COURSE, LOADS OF ENERGY!

YOU WILL EXPERIENCE THE WORKOUT OF A LIFETIME UTILIZING A BALLET BAR AND OTHER EQUIPMENT THAT WILL TRANSFORM YOUR BODY LIKE NOTHING ELSE WILL!

GET READY TO SWEAT AND BURN WITH BODY INFUSION!

DON'T FORGET YOUR TOWEL, AN EXERCISE MAT, PLENTY OF WATER AND YOUR "I CAN DO IT" ATTITUDE!

SPACE IS LIMITED, RESERVE YOUR SPOT AT ROSE-HEATHER@TODAYS-FITNESS.NET UP TO 60 HOURS IN ADVANCE.

Heather and Rose