

Introducing...

T.I.G.H.T

exercise class



Teachers – you; as leaders

Intently – with an aim or purpose

Getting – putting something into action

Healthy – improving quality of life thru exercise and diet

Together – as a group, in close association, at the same time

Changes have been made in the schools for the students to incorporate healthy lifestyle changes with diet and exercise. Teachers, now there is something for you, too! Come join this dynamic, moderate impact, group exercise class empowering you to achieve the ultimate and most rewarding exercise experience for your well-being. Show your students that you can do it, too!

February 22 – July 28, 2011

When: Tuesday and Thursday

Where: Africentric School, Downtown

Time: 4:45pm – 5:25pm

Cost: \$59 per month (6 month plan. Easy payment terms)

Limited space! Register today!

www.bodybysid.com/blog/tight

Hope to see you there! 614-286-9726 for info!



Doctor's permission slip required to participate. Classes lead by certified fitness evangelist, Sidney West.