



Fitness Made FUN

Come
Walk "IN"
With
Us!

High
Intensity

Low
Impact

WalkLiveWithFitnessMadeFun.com

2 Free Classes

Wednesday, Feb. 8th @ 5:00 PM

AND

Saturday, Feb. 11th @ 10:00 AM

Classes will be held at

Ko Sutemi West Karate

20200 Hwy. 88, Pine Grove

This workout is designed for ALL ages and

Fitness Levels!

Come on "IN" and join our **INDOOR** Multi-Muscle, Walking Program For **FREE!!**

Beth, Certified Walk Leader

471-8792 or walkleaderbeth@yahoo.com