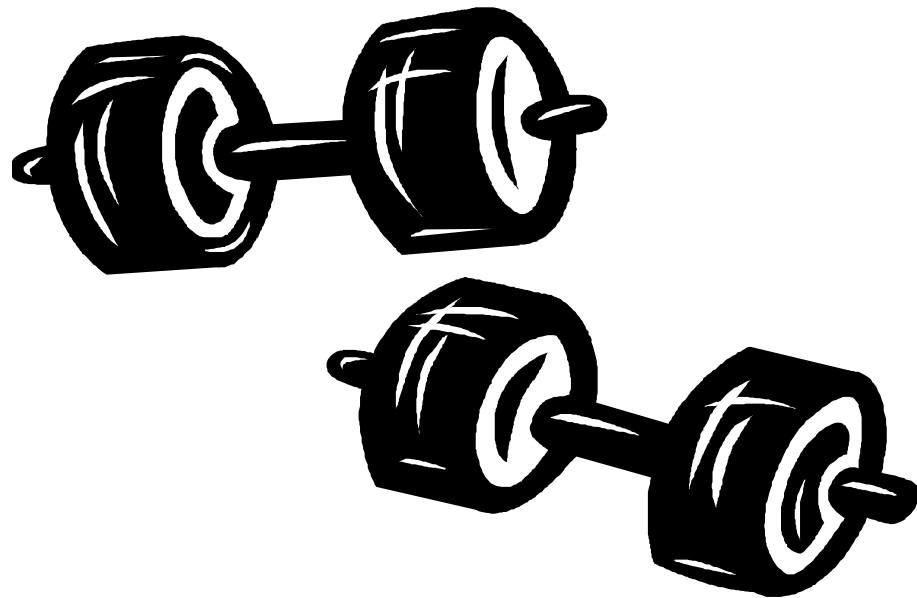


360 FUSION

CHALLENGE! AMPED!



LOOKING FOR **MOTIVATION** TO GET THE BODY YOU
DESIRE FOR THE FALL?

THIS IS THE CLASS FOR YOU!!!

What: Fusion class mixing weights, core, spin,
yoga, kettle bells, indoor/outdoor
cardio and nutrition education.

Where: Hot Springs Family YMCA

When: March 26th - May 16th

(Class will meet at various times, three times per week
@ predetermined venues)

Why: Whether a beginner to working out or a long time
practitioner. This class will challenge you to “do it differ-
ent” and make it a true lifestyle!