

JULIE'S FITNESS FOR ALL!

AT FOCUS FITNESS

- **Class Schedule**

- Every Monday and Wednesday from 4:45pm-6:15pm

- **Class Content**

- First 45 Minutes: Aerobic dance workout
- Second 45 Minutes: Variety of body shaping workouts
- Individuals are welcome to attend either portion of the class, or the entire session

- **Cost**

- Will be paid directly to Julie
- Cost for 6 Week program: \$40
- Cost per session: \$5/ session
- FOCUS Fitness Full or Class membership required

FOR MORE INFO, CONTACT JULIE SCHMUDLACH

jksmud@hotmail.com

(217) 357-3089

