IN SUPPORT OF SOUTH BETHANY'S COMPREHENSIVE PLAN – GOAL 6
PROMOTE SOUTH BETHANY AS A HEALTHY COMMUNITY

JOIN US AT THE OUTDOOR SOUTH BETHANY ADULT FITNESS AREA!

WHAT? **SOUTH BETHANY INTERVAL CIRCUIT FITNESS CLASS**

INSTRUCTORS: Mel & Kim Royster, Certified Personal Trainers

WHO? **ADULTS OF ALL FITNESS LEVELS WELCOME**

WHY? ***BENEFIT: Interval Circuit training has both mental & physical benefits***

- **BURN BODY FAT FASTER**
- **MUSCLE TONE, STRENGTH & CARDIOVASCULAR CONDITIONING**
- **INCREASE YOUR FITNESS LEVELS**
- **INCREASE ENERGY & PROMOTE BETTER SLEEP**

WHERE? The *FITNESS AREA* is located in the *shaded* wooded area adjacent to the parking lot and left of the TOWN HALL. Easily accessed from anywhere in town by bike or walking.

WHEN? MONDAYS - 8:30 AM TO 9:15 AM - BEGINNING JULY 30, 2018

Check out www.thefitnesscraze.com and FB – The Fitness Craze for inclement weather/class reschedule information

Donations Accepted

QUESTIONS? SUE CALLAWAY, CHAIR, COMMUNITY ENHANCEMENT COMMITTEE - SUE.CALLAWAY@GMAIL.COM