

Learn to **Gliding** and Update Your Group Exercise Programming as Well as Your Group Exercise Classes and Personal Training Sessions



Date: January 16th, 2010

Location: Midtown Club

Time: 12 to 3pm

Cost: \$49



Gliding Discs will add to your:

Kickboxing
Yoga
Pilates
Group
Weights
Personal
Training

Cardiovascular
Core
Upper Body
Lower Body

Contact Christina Leon at 954.600.8735/
cleon@athlekinetix.com to register