



Personal
Hands-on approach

Take Shape for Life

Classes start
Jan. 12, 2015

45-minute Mind/Body class

with an emphasis on Balance, Strength and Flexibility aimed at

- reducing stress
- becoming more toned and fit
- tackling the demands and activities of daily living

Mondays & Wednesdays 9:30-10:15 a.m.
@ Intuit Dance Studio | 237 Harrison, Oak Park

Drop In — \$15 per class

- 5 class pass — \$70
- 10 class pass — \$130
- 20 class pass — \$250

Senior rate (65 and over)

- \$10 per class
- Private instruction
- \$65 per session

- Semi Private sessions
(2-3 participants)
- \$35 per participant

Pre-Registration is required. More information available at:

www.2bfit.net or email: Tonia@2bfit.net