



*We are here to help you*

- Pursue health*
- pursue fitness*
- Pursue faith*

*At Body & Soul—  
where faith and fitness  
meet.*



## Cardio/Strength Class for Women

*Mondays & Thursdays*

**September 24th—November 19th**

**5:30 p.m. – 6:30 p.m.**

*8 Week Session (2 classes per week) \$80.00*

*8 Week Session (one class per week) \$45.00*

*\*Bring a Friend Promo - 25% Discount*

*(Offer applies only to students registering for 2 classes per week)*

*Contact Instructor for details before registering!*

## The ROC

1706 W. Dansville Road

Mason, MI

*Exercise bands provided*

*Bring Water Bottle and Exercise Mat*

**\*ACE Certified Instructor:**

**Carol Linton 517-803-1187**

**Email Contact: [dale.carol@sbcglobal.net](mailto:dale.carol@sbcglobal.net)**

**Register Online [@bodyandsoul.org](http://@bodyandsoul.org)**