

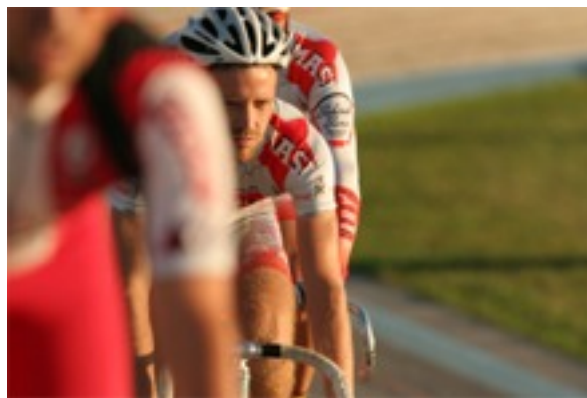


CORE DYNAMICS

FITNESS AND NUTRITION SERVICES

EVENING SPIN PROGRAM

May 25 - July 1, 2010
Tuesday & Thursday Evenings
6:00 - 6:50pm
(*New time!*)



95% is mental. The rest is pure adrenaline.

Great for all fitness levels!
This fills up fast and space is limited so register early!
Payment in full due the first week of the program. Sorry, no refunds. No partial payments. Must have a minimum of 6 participants.

\$120

Libby Newsome, Owner & Certified Trainer and Spinning Instructor
Julie Fisher, Certified Spinning Instructor

1821 Lendew St. Greensboro
574.2125 or 456.2842
coredynamicsfitness@mindspring.com
Visit the web page at www.triadfitnessadvisors.com