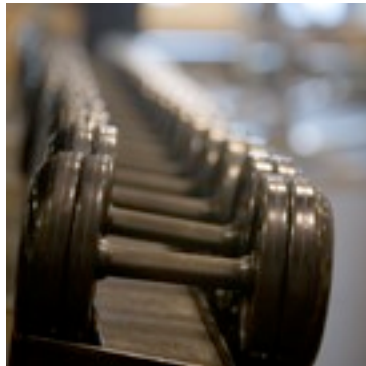




CORE DYNAMICS
— FITNESS AND NUTRITION SERVICES —

Hour of Power



Breakfast Buffet

June 8 - July 15, 2010
Tuesday & Thursday
6:00 am - 6:50 am

\$115

**Payment in full due the first week of the program. Sorry, no refunds.
Pending space available, drop-ins are welcome at \$14/class.
Call or email to register. Space is limited!**

Libby Newsome, Owner, Trainer, *Drill Sergeant*
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