



## Sunrise Sweatbox



**Within each of us is a hidden determination. Tap into yours.**

50 Minutes of Spin... 3 mornings a week.  
Monday - Wednesday - Friday

6:00 am - 6:50 am

***May 31 - July 9, 2010***

**💲155**

**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 & Certified Spinning Instructor and Trainer**

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Visit the web page at [www.triadfitnessadvisors.com](http://www.triadfitnessadvisors.com)

(Click on 'affiliates' then on 'personal trainers' then on 'Core Dynamics')