



"Absaglutely"

Come burn the zone 😊

Total Abs and Glute workout for the trouble zone!!

Sign up for our new "Absaglutely" total abs and glute workout that will work your legs and abs from every angle with the use of free weights and body weight resistance. In just 45 minutes, you will get a complete "trouble zone" workout. Work at your own pace in a group environment. Classes are lead by a Certified Personal Trainer specializing in Fitness Classes. *If you want flat abs, toned legs, loss of body fat and inches, increased strength & energy, this is the class for you!!*

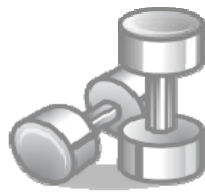
Wednesday mornings 10:30-11:15 am

Classes begin Wednesday, May 12th - sign up now space is limited!!

8 week punch card \$50 * Drop In \$7/class

Bring a friend & come burn the zone!

Remember to bring your dumbbells, mat and optional ankle weights 😊



Dancers Only Studio

45579 Mound Road, Shelby Twp. MI 48317

N. of M59 (Hall Road), W. Side of Mound in the Shelby Commons Plaza

586-739-1277 * www.dancersonly.net