

BeFitLifestyle

training+nutrition+activities

1 WEEK OF FREE GROUP FITNESS CLASSES

BeFitLifestyle offers small setting group fitness classes!

- Choose from YOGA, PILATES, CIRCUIT TRAINING & BOOTCAMP
- Jump start your fitness & stay consistent with your friends
- Balance your life so you'll have time to exercise & eat well
- Gain the power to respond rather than react to triggers and cravings

**GREAT
VALUE**

**PRE-registration is required since some of the classes have filled up

Contact Rhonda Nicholson at 619-491-0139 or Rhonda@befitlifestyle.com

Please visit www.befitlifestyle.com/calendar for an up-to-date class list!!