

PRE/POSTNATAL FITNESS W/ JILL

**TUESDAYS AND
THURSDAYS**

**12 SESSIONS FOR JUST
\$50.00 RES/\$75.00 NON RES**

**TWO CLASSES
12PM OR 6:00PM**

JAN 12TH - FEB 18TH



**AN ONLINE FITNESS CLASS FOR EXPECTING MOTHERS
OR FOR POSTPARTUM STRENGTHENING.**

**INSTRUCTOR JILLIAN TEMPLE IS A CERTIFIED
PRE/POSTNATAL PERFORMANCE TRAINING
SPECIALIST**



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