

BETTER TOGETHER

FIT FOR REST OF YOUR LIFE

STRONG BODIES
MOVE BETTER

STRENGTH
CIRCUIT
CLASS

MONDAYS
AND
THURSDAYS

12:00 NOON

MARIN
CIVIC CENTER
LAGOON

BRING:
MAT
MASK
WATER

\$10 CLASS

PAYMENT:

- CASH
- PAYPAL
- VENMO

(@MARY-RAWLES-1)



GET STRONG
WITH



**MARY
RAWLES**

STRENGTH TRAINER

FITFORRESTOFOURLIFE@GMAIL.COM
TO ATTEND