



Want to increase your energy??? Tone up muscles??? Lose inches??? And.....Look Fabulous???

If so join me, *Lady C* !!! For a sure fire, action packed and full of fun Fitness class!!!

Come on and join *Lady C's* **Low Impact Aerobics and Strength class**

Class will include: muscle toning, strength building, aerobics & abs

Location: Meridian Community Center in Loganville

Days & Times: **Wednesday's and Friday's @ 9:30am-10:30am**

Cost: \$5.00 per class

Equipment needed: 5 lb to 8 lb weights and yoga mat

For more information contact *Lady C*:

Carian Warren 404-552-9972 or carianwarren@aol.com

