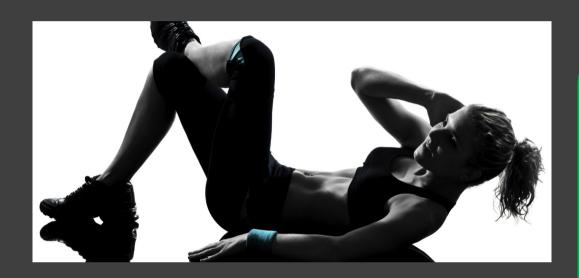


## LOOKING FOR PREMIUM GROUP FITNESS CLASSES AT A REASONABLE PRICE?



When: Saturday

afternoons at 2:30pm

Where: Cooper Hall

Price: \$50 per session or a

special introductory price of

5 sessions for \$150.

First session: January 14th 2017

Shape Shifters is a new and dynamic fitness brand offering high-impact group sessions without any equipment. The owner, Adam, is ex-military and has over 8 years of experience.



## **Check us out on Facebook!**

www.facebook.com/adamshapeshifters

How do I book sessions?

**Email Adam at:** 

Smith.adam2114@yahoo.co.uk

Limited places available!