



COMING SOON!

**GET INTO SHAPE FOR THE SUMMER!
WHERE: NEBRASKA ALL-STAR TIGERS**

Get up off that couch! Why not get active while your child is at the gym. Utilize the time!

**How many inches can we lose as a group?
Check the schedule – clear your calendar**

**GET READY TO ENVISION A NEW YOU!
Classes Start – Monday – June 14th**

SM FITNESS

Self Motivated Fitness

Receive motivating emails and fitness tips.
There is no better motivator than weight loss,
inches lost and energy gained.

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