

# 30 Minute **BURN!**

- **Fast & Fun Workout**
- **Experience the Difference**

When: Tuesdays and Fridays, Feb. 9<sup>th</sup> – April 16<sup>th</sup>  
Tuesdays 10:30 – 11:00 am, *Ballroom (upstairs)*  
Fridays 9:00 – 9:30 am, *Indoor Tennis court*

Where: Louisville Boat Club

Cost: Full package (20 sessions), \$200  
1/2package (10 sessions), \$120

**Non-Members Welcome**

The “30 Minute Burn” is a women’s group workout designed to help you achieve 100% of your goal. It always seems like that last 10% is more difficult than the first 90%...not any longer. This is a high energy workout that will get your heart pumping while you **blast the last 10!**

Don’t let your busy schedule stop you from staying healthy and fit. Come on...join the group!

**Register with Adam at the Fitness Desk, or  
Call 502-345-3046**

