



WHAT:

**A Fun Combination of Running, Walking, Functional Strength Training
& Stretching Along With Camaraderie**

WHEN:

Tuesday/Thursday Mornings, 6:00 - 7:00am

WHERE:

**Rhandy's Elite Fitness,
South Dixie Highway & Valley Forge
West Palm Beach**

HOW MUCH:

\$270 for 30 sessions, includes one We Girls in Training Buddy Pass

\$200 for 20 sessions, includes one We Girls in Training Buddy Pass

\$110 for 10 sessions

\$12 Single Session Drop In Fee

All Packages include a We Girls in Training Tech Shirt

WHAT IS IT:

A Fun Way To Begin Your Day & Get Some Exercise

**For Information and Registration
Contact Molly Ragsdale, 561-596-0446
dbragsdale@juno.com**