

Soul Training

JULY 30 - AUGUST 29

TUESDAY AND THURSDAY

7:00 - 8:00PM

STUDIO 2

AT THE ARENA CLUB

**CALL TO REGISTER!
410-734-7300**

JOIN PERSONAL TRAINER **KATHY WISE** & THE STAFF AT **PATHWAYS TO WHOLE LIVING** FOR AN HOUR OF PHYSICAL TRAINING & HOLISTIC WELLNESS.

30 MINUTES: BODY
PHYSICAL CONDITIONING: CARDIO & RESISTANCE TRAINING

30 MINUTES: SOUL
NUTRITION, MOTIVATION, GOAL SETTING, MIND/BODY CONNECTION

MEMBER: \$110
NON-MEMBER: \$145

***NO DROP-INS**

