

# PowerHour Lunch Break

with Personal Trainer,  
Nicole Bosley-Smith



On-Going 4-Week  
Program

Tuesdays & Thursdays  
12:00pm - 1:00pm  
Members: \$100/ Month

Small group personal  
training tailored to  
women. High energy  
training has a ton of  
variety... we will never  
repeat the same  
workout and use  
numerous methods of  
training.



Register ONLINE or Call  
410-734-7300

