

# Summer Spin Special

Never tried  
Spinning before?



Turned off by big  
gym Spin classes?

Enjoy small group Spin/interval classes that incorporate strength training and core work

Burn calories

Increase cardio endurance

Learn to spin safely, correctly

Build muscle tone

Low impact

Relieve stress

• 5 Classes for \$45 •

Time & Day - Saturday mornings 9:00AM

Location - Pilates By Danita Personal Training Studio/Sterling

Class space is limited, so reserve your bike now! For information and class reservations visit us on the web at: [www.pilatesbydanita.com](http://www.pilatesbydanita.com)