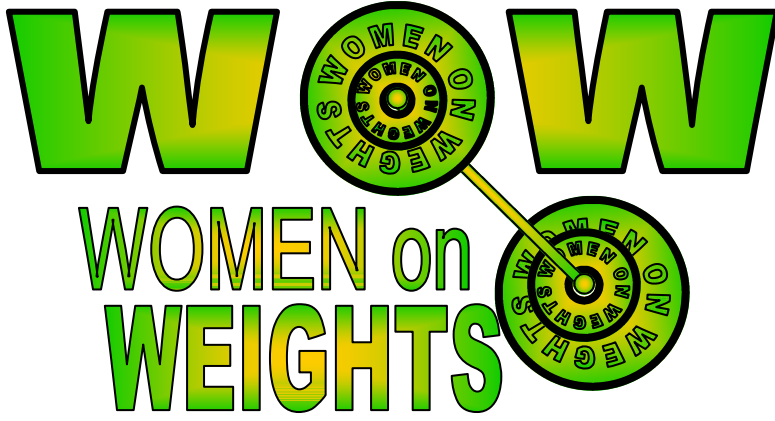


# TOTAL FITNESS

1110 -16th Ave Ct SE ~ Dyersville IA 52040  
563-875-2727 ~ totalfitness@dyersville.com



## WOMEN on WEIGHTS

**Our popular Group  
Personal Training  
Workout is back!**

**Classes start  
Monday, September 13th  
and  
Tuesday, September 14th**

# SIGN UP TODAY!

## 12 one hour classes

### #1. Monday & Wednesday

**Starts at 6:00 a.m. both days**  
**Yearly Members: \$16.05**  
**All Others : \$57.78**

### #2. Monday & Wednesday

**Starts at 4:30 p.m. on Mondays  
and 5:00 p.m. on Wednesdays**  
**Yearly Members: \$16.05**  
**All Others : \$57.78**

### #3. Tuesday & Thursday

**Starts at 7:15 p.m. both days**  
**Yearly Members: \$16.05**  
**All Others : \$57.78**

- Rev up your metabolism
- Burn Fat!
- Get Stronger!
- Tone up your Muscles!

**Learn the correct way to lift weights for  
your health with our motivating and  
knowledgeable instructors!**

**It's "women only",  
non-intimidating,  
and FUN!**

**Each session is limited to  
15 people per class.**

**Sessions will be cancelled if there  
are less than 8 participants.**