



GIFT

Get Into Fitness Today!

A WEIGHT LOSS AND WELLNESS PROGRAM



The classes will be held once a week for up to 12 weeks.

Starting on , **November 14th at 4:00 PM - 5:30 PM**

Location: **Children's Board Family Resource Centers in Town 'N Country**

www.GetIntoFitnessToday.net

- It's FREE
- No Fad Diets to follow
- No special foods/drinks to purchase
- It's Realistic
- Get Active with certified Yoga & Zumba Instructors
- All program materials are provided

Sign up today by calling

813-356-1703



St. Joseph's
Children's Hospital