



ANNOUNCING  
AN EXCITING NEW EMPLOYEE WELLNESS FITNESS CLASS  
AND IT IS

# A BLAST



A BODY BLAST  
A HIGH ENERGY FAST PACED WORKOUT  
A total body work out to high energy music  
Cardio-Core- Strengthening  
Using Medicine Ball, Swiss Ball, Dumbbells, Steps

**TRUDELL GYM** **MONDAY/WEDNESDAY/FRIDAY** **3:45-4:30**

**SPACE IS LIMITED TO 15 EMPLOYEES**  
**CALL JOE BONDI AT EXT 3649 TO REGISTER (FIRST COME BASIS)**