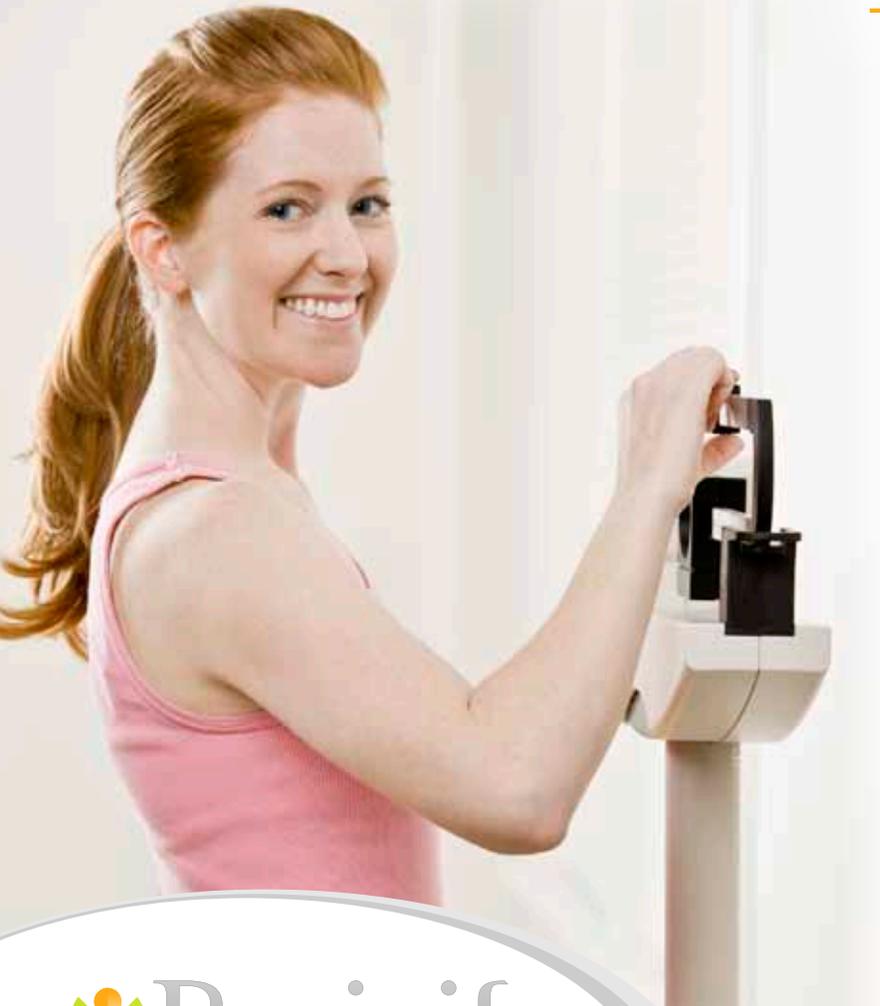




Revive • Refresh • Renew

# Become a new you!



## Kicks off Jan. 21

### First Quarter Topics:

Jan. 24, 26: "Discover Your Gym"

Jan. 31, Feb. 2: "My Plate"

Feb. 7, 9: "Target Training Zones"

Feb. 16 (no class on 14th): "Label Reading"

Feb. 21, 23: "Back 911"

Feb. 28, March 1: "Commissary Field Trip"

March 6, 8: "Bring the Gym Home"

March 13, 15: "Food for Less"

March 20, 22: "New to You Yoga"

March 27, 29: "Fad Diets"

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### Times/Locations:

Tuesdays at Bremerton: 9:30 am and 6:30 pm

Thursdays at Bangor: 9:30 am and 6:30 pm



For more information, call Bangor or Bremerton  
Fitness Specialists: (360) 315-2140 / (360) 476-7026