

Glass Recreation Center
501 W. 32nd St.
(903) 595-7271



**WANT A FLATTER STOMACH, TONED BODY, STRENGTH
and ENERGY?**

Come to

Full Body Fitness Classes

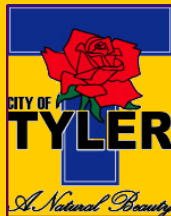
on MONDAYS & THURSDAYS

\$20 PER MONTH

or

\$5 PER SESSION

7:30-8:30 p.m.



**Evening classes
for busy people that want the
benefits of body shaping,
strength training, calisthenics,
with both low and high impact
yoga and Pilates mat work all
in the convenience of one class.**



**Wear tennis shoes, fitness attire,
and don't forget your towel.**

Water provided!!!!

**This class is designed for all ages
and fitness levels.**

Visit: [www.fitdivas77@blogspot.com](http://www.fitdivas77.blogspot.com).