



GoodLife
FITNESS



Friends in Motion

**A Complimentary Fitness Program for
Survivors of Breast and Women's Cancers**

Join us the 2nd & 4th Saturdays each month

12:30 - 1:20 PM

Enjoy easy-to-follow, low-impact dance with fun music combined with strength and stretching – all fitness levels welcome

Improve range of motion, circulation and increase energy levels for a HAPPIER,
HEALTHIER YOU!

Reservations & pre-class consultation required

Contact: Peggy Hamilton, Owner/Instructor

GoodLife Fitness Studio

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www.goodlifefitnessvero.com