



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 - 1:30 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

55 Royal Palm Pointe Vero Beach, FL 32960

Call: (772) 925-1915 email: goodlifevero@gmail.com

www.goodlifefitnessvero.com