

OUR NEW NEIGHBOURHOOD GYM

Invites
YOU

To release your inner
superhero through exercise,
diet and mindfulness



Exercise Program

Strength Training

Aerobics



Jazzercise and Zumba

Yoga

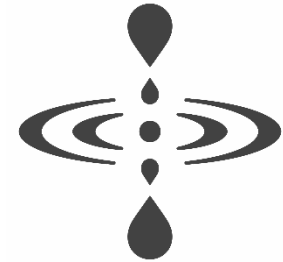
Diet

Join one of our weight
management groups. We
aim to eat healthy foods that
we enjoy.

Mindfulness

To find your own inner
superhero, you need to be
present in the moment.

We recommend a
mindfulness class after every
workout.



Call 555-555-5555 today to
sign up for your first class
FREE!

Or check out our website:
www.gymsilly.com