

Open House 13 year anniversary party at Elite Physiques

Join us on Friday, December 2nd from 10 until 5:00

and Friday, December 3rd from 8 until 12:00

Stop in to visit our studio and to see why we are different!

Free on Friday

10 until 3:00 Group or personal training

10 until 3:00 15min. Fitness assessment

2-4:00 metabolic typing testing

12:00 & 4:00 Golf workshop

12:00 Yoga

12:00 Barre Fit, The Stars do it to get long and lean! (Know as Cardio Barre or Barre Amped)

11am until 5:00pm Massage with Brad

Healthy snacks and smoothies

Free on Saturday

9 -12:00 Group or personal training

9-12:00 15min. Fitness assessment and

8-10:00 Metabolic Typing testing

9:00 Zumba

10:00 Golf workshop

11:00 Don't wait until Jan. Start eating healthy now. Come to "You are What You Eat Workshop!"

11:00 Barre Fit, The Stars do it to get long and lean! (Know as Cardio barre or Barre Amped)

Shopping, Healthy snacks, smoothies, and Giveaways!

8 until 12:00 Massage with Brad

Bring your workout gear and a friend and take advantage of this amazing opportunity!

RSVP for all classes and events 740-548-3637