

BIKES, 

BELLS, 

& BALLS 

GROUP PERSONAL TRAINING

WITH

MIKE MUELLER

**COMPLETE CARDIO WORKOUT!
COMBINATION OF
SPINNING, KETTLEBELLS, AND
MEDICINE BALLS**

**LOSE WEIGHT, GAIN STRENGTH AND
ENDURANCE**

Saturday MORNINGS 8:00 – 9:00

STARTING DECEMBER 26TH

Sign up at Wellness Desk

