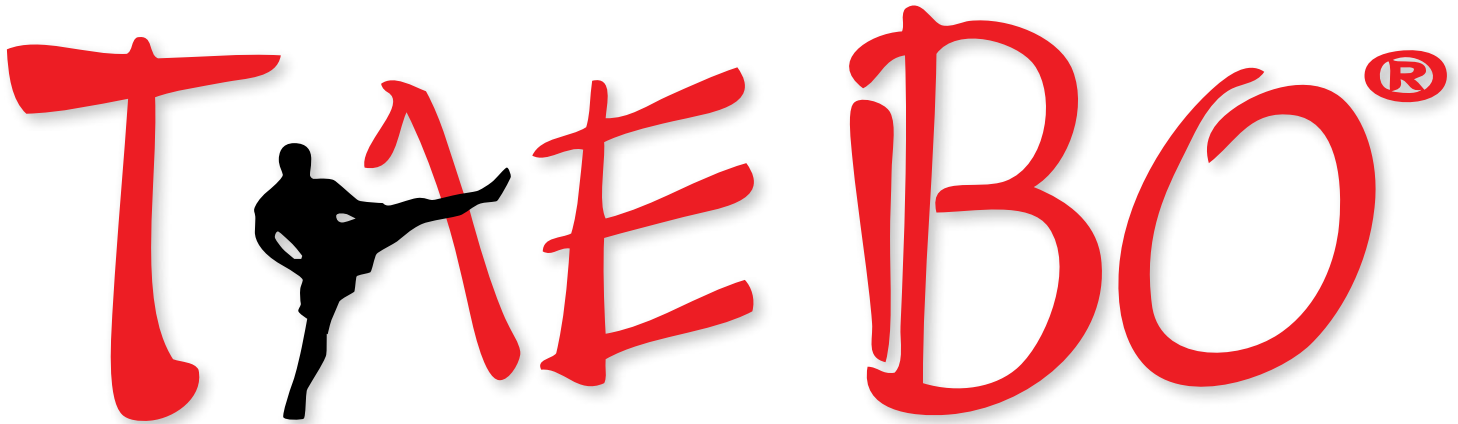


# Fitness Classes



"Impacting lives through fitness by strengthening the whole person, spirit, soul and body".



No monthly memberships, contracts, sign-up fees or expiration dates.

Simply purchase one of three reasonably priced Class Cards and attend classes at your convenience:

**Single Class Card**  
(\$7 per class)

**5 Class Card**  
(\$6 per class)

**10 Class Card**  
(\$5 per class)

Class Cards may be purchased at the Coral Springs Gymnasium or online at [www.trinityfitnessstudio.com](http://www.trinityfitnessstudio.com).

\*First Tae Bo class is free.

Time	Mon	Tue	Wed	Thu	Fri	Sat
8:30 a.m.	Yoga Studio		Tae Bo Studio Eli		Tae Bo Studio Eli	Tae Bo Studio Eli
6 p.m.	Tae Bo classroom A Eli					
7:30 p.m.		ZUMBA Tone classroom A Wilson				
7:45 p.m.			ZUMBA Studio Wilson			

Wilson Comas, creator of Latin X Plot Fitness.

Eli Johnson, certified TAE BO Fitness Instructor featured in New TAE BO Fitness DVD Series.

Summer location to be announced soon for weekday morning class.

**For more information, call 954-345-2200 or the instructor at 954-200-4849.**

Register at the Coral Springs Gymnasium  
2501 Coral Springs Drive • 8 a.m. to 9 p.m. daily