



Get Fit with **Fit**

Join us, as we sweat with the hugely popular Goodlife Fitness spin instructor and Fm client Larry Padley

Please phone us at: (403) 452-0900 to reserve your spot today!

Location:

GOOD LIFE FITNESS

Beacon Hill Shopping Centre

11420 Sarcee Trail NW

Calgary Alberta

Tel: (403) 274-0397

Time:

Saturday January 28, 2012

Check-in at 2pm - Blue waiver must be filled out at sign-in

Bikes available:

34 available first come first serve

Fm clients plus partner or one friend

Attire:

Indoor running shoes

Exercise clothing and towel

Water bottle

Cost:

FREE

Thank you to Larry for the gracious donation of his time.

Better Health Through Science

www.fitmetabolism.com