

Tap into the Fountain of Youth!



Gentle Strength & Stretch

with Terry begins Friday, May 1 at 10:30am

*Class on May 1 is FREE!

Terry's new class will use a variety of weights, resistance tubing and physio balls to sculpt your major muscle groups in a low-impact way. The class will also incorporate stretching exercises to help maintain joint flexibility and movement.

Register online at www.midamericanfit.com
Or, give us a call (248) 477-5248



24425 INDOPLEX CIRCLE FARMINGTON HILLS 48335
NE CORNER OF DRAKE AND GRAND RIVER

