

Simply Fit

with **S**emper
Fit



**Teams of 7 will workout with
trained Semper Fit Instructors**

**Workouts will be Tuesdays &
Thursdays from
January 22 - March 6**

**Weigh in at Daniels Fitness
Center on Tuesdays**

**Meet at the racquetball court
from 5-6 PM**



**Register team by January 17
For more information call (229) 639-6234**