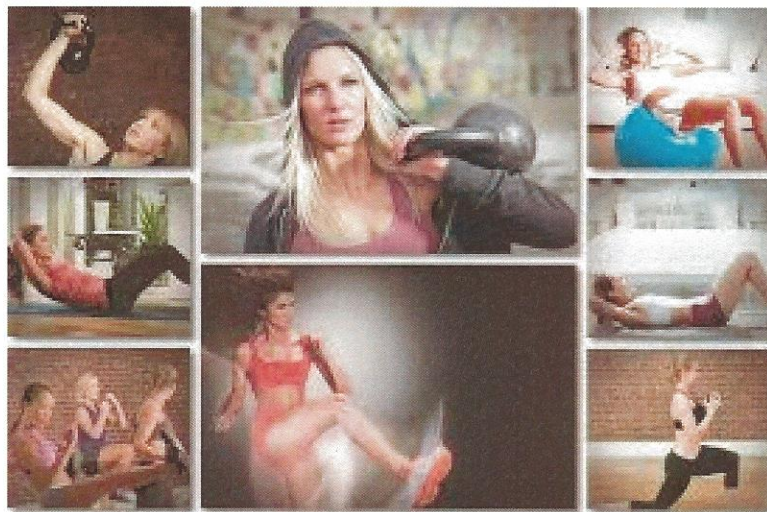


Pump It Up!

New Year, New You!

Tone your body with a full-body workout.

THE CURVES YOU CRAVE!



Monday, Wednesday & Friday – 10:00 am – 11:15 am

Tuesday & Thursday – 6:30 pm – 7:45 pm

Certified Instructor, Diana Esparza

Crestwood Recreation & Wellness Center

5331 West 135th Street, Crestwood

708-371-4810

www.crestwoodfitness.com



Note: Must have an all-inclusive membership or an EPC punch card to participate in classes.