



**LET'S GET MOVING!**

**LET'S GET  
STRONGER!**

*Achieve your fitness goals efficiently with a trainer*

# **3-E'S WITH CYRUS 3 TIMES A WEEK**

---

**EVERY MONDAY & FRIDAY AT 10:30 AM,  
AND EVERY TUESDAY AT 2:15 PM  
THE TUESDAY COURSE WILL ONLY BE 45  
MINUTES SO GET THERE EARLY!**