

A woman with her hair in a braid, wearing sunglasses, a purple polka-dot sports bra, and dark leggings, stands on a beach with her hand on her hip, looking out at the ocean under a clear blue sky.

Are you ready to get in
shape this summer?!

Join us for the 2017 Summer
Slimdown!

Begins 7/10

Runs for 8 Weeks

Includes:

- weigh-ins @ beginning & end
- 8 personal training sessions
 - 3 spin classes
- Slimdown shirt upon completion