

WOMAN - WIFE - MOM
HOME - WORK - HUSBAND - KIDS - PETS...



**GIVE YOURSELF
A MOM-ENT!**



AN HOUR TO RELAX & RECHARGE
WITH A FUN FITNESS EXPERIENCE

NIA IS A UNIQUE FUSION OF:
DANCE: CARDIO
MARTIAL ARTS: MUSCLE TONING
YOGA: STRETCHING & RELAXATION



WINTER FUN-RAISER
BENEFITING: DISCIPLES CDC
at MuvE Fitness in Motion



WEDNESDAY, FEBRUARY 17TH AT 11:00 AM

NIA CLASS
HERBAL TEA & GOODIE BAGS

**BRING
A
FRIEND!!!**

\$10 DONATION PER PERSON.
PAID RESERVATION REQUIRED.



QUESTIONS? CALL *JUSTINE ALLEN* (GABY'S MOM) 430.7649



FITNESS IN MOTION
AT 4BALANCE FITNESS

MUVEFIT.COM - 864.881.1557

787 EAST BUTLER RD. - MAULDIN