

# FITNESS MADE FUN

## BOOK YOUR PARTY TODAY

### FITNESS PARTIES

Promote a healthy lifestyle by hosting a fitness party of your choice. Your guests will be thrilled with the chance to talk one-on-one with Personal Trainers and gain result-producing tips by trying new exercise techniques. Book your party today.

*BUSINESS ORIENTATED:* (2-HOURS)  
**FITNESS PARTY 1: \$30.00**

A professional presentation will gently coax your guests to inquiring about training services and products while you earn valuable credit towards your own package. Instructor(s) will bring the necessary exercise equipment for the demo class of your choice.

*JUST FOR FUN:* (1-HOUR)  
**FITNESS PARTY 2: \$60.00**

Add a unique twist to your next party. Choose from the most popular Belly Dancing, Strip Tease, or Hip Hop Dance Party or relax with a little TLC with Gentle Yoga or Power Yogilates. Either way your guests will never forget this experience.

### GROUP FITNESS CLASS LIST

VISIT OUR WEBSITE FOR A DETAILED DESCRIPTION OF EACH CLASS.

- BALLROOM DANCING LESSONS
- BASIC TRAINING
- BELLY DANCING
- BOOT CAMP
- CARDIO DANCE (LATIN, HIP HOP)
- CARDIO KICKBOXING
- CIRCUIT TRAINING
- CORE TRAINING
- DRUM IT UP
- FITNESS EDUCATION PROGRAM
- MUSCLE MAINTENANCE/STRETCHING
- "SSS" STRIPTEASE DANCE
- PILATES
- YOGA
- YOGILATES

**Fitness**  
**on Demand** LLC

**ON SITE PERSONAL TRAINING  
& GROUP CLASSES**

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