



the world's best
FITNESS CLASSES
just got better



All New **SH'BAM**

The Latest Dance Sensation
NEW Class Launch
Wednesday
April 13th at 5:30PM

Sh'Bam April Schedule:

- Saturday, April 16 at 9:30AM
- Wednesday, April 20 at 9:15AM & 5:30PM
- Saturday, April 23 at 9:30AM
- Wednesday, April 27 at 9:15AM & 5:30PM
- Saturday, April 30 at 9:30AM

BODYPUMP CLASS LAUNCH

April 12 at 5:30PM

JAZZ IT UP CLASS LAUNCH

April 19 & April 21 at 8:30AM

BODYATTACK CLASS LAUNCH

April 18 at 5:30PM

BODYSTEP CLASS LAUNCH

April 28 at 5:30PM

Take Any Class for Only \$1 in April
Over 70 To Choose from Every Week...Give Them All A Try!

ENERGY FITNESS • 2343 NEW HOLT RD • 270.554.7222

www.energyfitnesspaducah.com & [facebook.com / energy fitness](https://www.facebook.com/energyfitness)

Must be ages 16 & over. Ages 16-17 must have parent liability form completed prior to participation. \$1 fee per class.