

# HIT YOUR Target



**MONDAY @ 12:00 Noon**  
**4 Weeks**

**Small Group Class**  
**May 24, June 7, 14, 21st**  
**With Ruthann Clark**

- \* Strength Training
- \* Cardio Training
- \* ACCOUNTABILITY
- \* MOTIVATION

Sign Up Today @  
Front Desk  
\$100 for 4 weeks  
Email: [rclarkpt@gmail.com](mailto:rclarkpt@gmail.com)