

**\*\*\* Coming January 2nd 2020!!! \*\*\***



REFIT® is a life-changing group fitness cardio experience that rocks your body, heart, and soul with powerful moves and positive music to inspire you from the inside out. Every body belongs!



REV+FLOW is a low impact/high intensity workout that focuses on increasing overall strength, power, flexibility, coordination, balance, and mobility

\*A mat and 2-3 lb hand weights are optional but not required (first 3-4 weeks are without weights)

**January 2nd-both classes FREE!!!**

\$40/month - 1 class a week

\$65/month - 2 classes a week

\*Friend or family member rate:

\$60/month for 2 people, 1 class

\$100/month for 2 people, 2 classes

Becky Summers - Instructor

p. (214) 458-8230

beckysummers84@gmail.com

www.facebook.com/refitwithbeck/

REFIT on Thur. 6:30-7:15 pm (ages 8+)

REV+FLOW Thur. 7:15-8:00 pm (ages 15+)

Dance Dimensions

1075 W State Loop 564

Mineola, TX 75773

To register call: (903) 569-5664