



**TIRED OF THE SAME
MONOTONOUS WORKOUTS?**

NOW AVAILABLE

UNIT PT CLASSES

1 HOUR = \$50 | SMITH GYM

CERTIFIED FITNESS INSTRUCTORS

**AVAILABLE TO LEAD EVERYTHING FROM
YOGA TO SPIN AT ALL LEVELS OF ABILITY!**

SESSIONS MUST BE SCHEDULED 2 WEEKS IN ADVANCE

**TO SCHEDULE A SESSION EMAIL
LORI.SMITH6@US.ARMY.MIL**

