

STEP TONE

WITH SANDRA



COMBINES STEP & AEROBICS TONING
FOR A WORK OUT THAT GIVES RESULTS IN A FORMAT
FOR THOSE WHO NEED & WANT MORE OR SHORT ON
TIME! INCREASES METABOLISM—SEE RESULTS!!!

ONLY 55MIN.

START NOW 6weeks \$39.00

mon 7pm sat 9am CALL FOR MORE
DAYS & TIMES price: \$7.00/class
gym members free

RESULTS SPA & FITNESS (next to Geris rock shop)

16142 S. Cicero Ave.

Oak Forest, Il.

(708) 687-6606