



THE FITNESS GRIND
Adult T.E.A.M. Workout

Do you want to get
fit, get educated,
and have fun?

Then The Fitness Grind
T.E.A.M. Workout for
adults is for you!

Complimentary Sessions Wed. July 20th & 27th

5-6:15pm and 6:30-7:45pm
at Prairie Gymnastics in Batavia, IL

For more information contact: **Dustin 815-674-5209**