



# NEW YEAR, NEW YOU JANUARY

(7PM) MONDAY: LEANUP BOOTCAMP

(7:00PM) TUESDAY: POUND/ZUMBA

(7:00PM) THURSDAY: VROK

STEPUP/MIXXEDFIT

VISIT [WWW.VROKFITNESS.NET](http://WWW.VROKFITNESS.NET) TO  
SIGN UP AND CLICK CLASSES  
DROP IN \$5/\*\$10(LEANUP)  
MONTHLY UNLIMITED \$30/MO

