



September Seven Fall Events And Classes!

Our Fall series of special program will de stress your life!

	What	Starts/Offered
1.	30Fit Special	Sept 1-10th
2.	Group Hike	Sept. 11th
3.	.Zumba Special	Sept 13-18th
4.	Pilates Special	Sept 14-18th
5.	Free Chair Massage	Sept 18th
6.	Belly Dancing Fusion	Sept 23rd
7.	Yoga work shop	Sept TBA

More info and fliers to follow.....
STAY TUNED!

Sign up via email at
news@fitbehavior.com Or
call 860-529-9867