

SATURDAY SHAPE UP!



DEFYNE fitness, inc.

defy limits + define self

what: get it right, get it tight!
an hour long group booty kickin session with a certified personal trainer!
bring your girls and get your workout on!

when: Saturday morning 9:00 am

where: Park Pointe Apartments
1435 Hampshire Ave. S
St. Louis Park, MN 55426
(meet by the pool)

what to bring: \$12
workout clothes/shoes
water
towel (optional)

what to expect: an alternative to the "30 min elliptical" routine!
nutrition and fitness tips
a great workout!

reDEFYNE your workout!

www.defynefitness.com | 612.250.9768 | rachel schutz