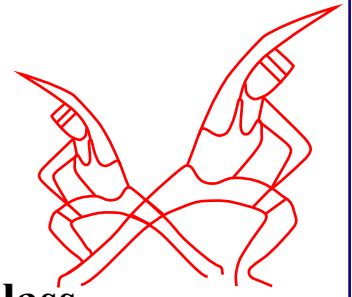


# Cherokee Fitness

*... Fitness One Day at a Time*



## **Announcing**

**New Bariatric Small Group Exercise Class**

Wednesday Evenings 6:30 - 7:30PM

20691 E. Euclid Drive - Aurora, CO 80016

Maximum Class Size of 4 People - \$20 per session

### ***Program Goals:***

- Help lose weight safely
- Establish tailored exercise program based on individual needs
- Provide an encouraging atmosphere for success
- **HAVE FUN!!! PROMOTE A LOVE OF FITNESS!!!**

### ***Regular exercise will:***

- Increase metabolic rate
- Improve skin elasticity
- Help maintain muscle mass as the fat “melts” away
- Reduce stress
- Improve overall cardio-vascular health

The cornerstone of any successful weight loss program is exercise. As part of my bariatric program you will receive personalized exercise plans to help you reach your weight loss goals.

**CHEROKEE FITNESS ALSO OFFERS INDIVIDUAL SESSIONS**

For appointments call:

**Cherokee Fitness - (303) 257-3976**

[www.cherokeefitness.net](http://www.cherokeefitness.net)