


move with integrity

*A unique  
full-body  
cardio-sculpting  
workout*



# willPower® & grace

- The sweaty intensity of boot-camp
- The self-awareness of a yoga practice
- The discipline of Pilates®
- The uplifting philosophy of a meditation session

***This barefoot cardio workout may change  
the way you think about fitness, forever!***

**TUESDAYS at 4:15**

**CLASSES START OCTOBER 1st**

**Athletic Center Multi Purpose Room (upstairs)**

**10 sessions - \$55**

**SIGN UP ONLINE: <http://www.ssreg.com/passaic>**

