

MUSCLE INTERVAL AEROBICS

M.I.A.

A COMPLETE MUSCLE CARDIO WORK-OUT

Exclusively at 7 Flags Health & Fitness



Monday Wednesday Thursday

5:30 a.m.-6:30 a.m.

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|-------------|----------------|
| Members | \$ 10.00/class |
| Non-members | \$ 15.00 or |
| Members | \$ 90.00/mth |
| Non-members | \$120.00/mth |

Class size limited members 1st.

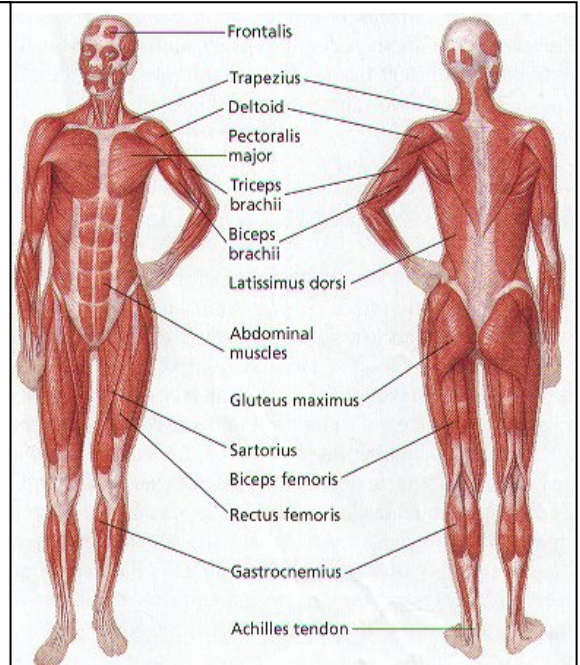
Extreme Interval work-out,

burn fat, gain muscle,

Maximize your potential,

Attack your CORE Muscles

push your Cardio limits



Expect to use these muscles

Instructor/Personal Trainer: Christa Michael

ACE Certified Personal Trainer

All my life, exercise has been my passion. I started dance in Kindergarten and continued until my freshmen year in high school. A grade school friend's mom taught aerobics on Saturday mornings and took us along; I loved it! After that I got a "Get in Shape Girl" fitness set. By fourteen I had a library of exercise videos, a ski machine (in my room no less), an exercise bike, and a small stair stepper. In high school I played softball and went out for track. I loved working out in any form. Eventually I added weights, Pilates, and yoga. Back then, I didn't realize that I could make exercise my life's work so, after high school; I became licensed for cosmetology and electrology. Later, I had two beautiful daughters that I wanted to stay home with so I started a home day care business. Now, my girls are growing up and I am ready to share my love of fitness with others. Come try the class – bring a friend.

Call today (515) 278-8888 ext. 713 reserve your spot for M.I.A. Muscle Interval Aerobics or email: hlewis@7flags.com

"Everything you want is just outside your comfort zone." — Robert Allen

