



Mondays | January 4 - February 22

6:15 - 7:00pm

Join us at the Columbus Gymnastics Center for a fun and effective, quick total body workout taught by a certified personal trainer. Utilizing body weight and short, intense exercises for a high calorie scorching workout. taught by Latisha Idlewine, certified personal trainer. For ages 18+

**\$80 for an 8 week Session
Registration Ends: December 28**

**Columbus Gymnastics Center
405 Hope Ave. Columbus, IN 47201
(812) 376-2680 | www.columbusparksandrec.com**

