



community
FITNESS LLC
developing healthy habits



Heather Boucher cPT

STEP AEROBICS

Benefits of Step Aerobics Include...

- Weight Loss/Weight Management
- Decreased Risk for Cardiovascular Disease
- Increased Bone Density and much more!

Join Fitness Instructor: Heather Boucher

When: Starts Saturday October 6th
Mornings @ 8:30-9:30am

Where: Antrim Town Gym

Cost: 6 week class \$48.00

Drop-ins Welcome \$10.00 per class

All Fitness Levels Welcome • Join Anytime • Steps are provided
Steps are limited call Heather and reserve your step today!

Group Fitness • In-home Personal Training • Lifestyle Coaching
communityfit@yahoo.com • www.communityfit.net • 603-831-1769