



## FREE FITNESS CLASSES & WORKSHOPS

**Optimal and fitness and health doesn't have to break your budget. Explore these free classes and workshops to keep you on track with your resolutions for a healthy you in 2008.**

- **Optimal Nutrition Workshop- Feb. 23, 3:00-4:00 p.m.**
- **Strength Training Workshop, March 15, 3:00-4:00 p.m.**
- **Yoga for Sports: Power Yoga Class, March 29, 9:00-10:00 a.m.**
- **Yoga for Sports: Power Yoga Class, April 5, 9:00-10:00 a.m.**
- **Aerobic Fitness Workshop, April 12, 3:00-4:00 p.m.**
- **Animals of Yoga Class, April 26, 2:00-3:30 p.m.**
- **Flexibility Workshop, May 11, 3:00-4:00 p.m.**

**Register:** [www.kcfitnesslink.com/events](http://www.kcfitnesslink.com/events)  
or  
[email info@kcfitnesslink.com](mailto:info@kcfitnesslink.com)

## FREE CLASS PASS

**For any regularly scheduled class at KCFitnessLink.  
Valid one time use only.**

**Schedule of classes:** [www.kcfitnesslink.com/schedule.html](http://www.kcfitnesslink.com/schedule.html)