

BRONSON WELLNESS CENTER PRESENTS

NEW JUAN 2019!



MX4

SMALL GROUP TRAINING

WHETHER YOU WANT TO LOSE WEIGHT, IMPROVE ATHLETICISM OR JUST BUILD A BETTER BODY,
THIS GAME-CHANGING PROGRAM BLENDS PERSONAL TRAINER ATTENTION, CAMARADERIE
AND CHALLENGING PROGRESSIVE WORKOUTS TO MAKE IT HAPPEN!

REGISTRATION REQUIRED AS SPACE IS LIMITED TO 8 PARTICIPANTS.
CALL 269-639-2949 OR STOP BY OUR SERVICE DESK TO RESERVE
YOUR SPOT TODAY!

SEE REVERSE SIDE FOR DEMO TIMES.



BRONSON
WELLNESS
CENTER

bronsonwellnesscenter.com | (269) 639-2949

JAN 2019

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 <u>7am</u> 5:30pm	8 <u>6am</u> 5pm	9 <u>10am</u>	10 <u>8am</u> 2pm	11 <u>5:30pm</u>	12 <u>7:30am</u>
13 <u>12:30pm</u>	14 <u>11:15am</u> 6:45pm	15 <u>9am</u> 4:30pm	16 <u>5:15am</u> <u>7am</u> 5pm	17 <u>6am</u> 5pm	18 <u>10am</u>	19 <u>10am</u>
20 <u>5:30pm</u>	21 <u>10am</u> 1pm 5pm	22 <u>6:30am</u> 4pm	23 <u>5:15am</u> <u>11:30am</u> 5:30pm	24 <u>6:30am</u> 4pm	25 <u>7am</u> <u>11:30am</u> 5:30pm	26 <u>11:30am</u>
27 <u>4:30pm</u>	28	29	30	31	FEB 1	

ALL DEMOS ARE 30 MINUTES.

ONLY ONE DEMO PER PERSON PLEASE TO HELP ENSURE ALL MEMBERS ARE ABLE TO SAMPLE THIS WONDERFUL NEW PROGRAM.

