

JOIN US FEBRUARY 13 AT THE STUDIO

for a FREE event to help keep your heart healthy!



Did you know that heart disease is the number one cause of death among women in the United States? Dress in your red workout clothes and come to THE STUDIO for a fun, **free** cardio kickboxing class to get you moving and start you on the journey to improved heart health!

Date: Saturday, February 13
Time: 10:00 am

Call **(916) 258-KICK** for more information or to RSVP.

Open to the public, so bring a friend! You don't need to be a member to attend. No previous experience necessary.

Sponsored by:



 **TRISIS REAL ESTATE**



THE STUDIO Martial Arts & Fitness
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