



Dawn Thomas graduated from Western Michigan University with her M.A. in Exercise Science. She holds Certification from the American Council On Exercise.

ARMED & DANGEROUS

A new and fun class that will target your arms, shoulders, back and chest.

November 8
thru
December 1
Tuesday's & Thursday's
5:30—6:30 PM

December 13
thru
January 5
Tuesday's & Thursday's
5:30—6:30 PM



Join Exercise Physiologist / Personal Trainer Dawn Thomas



Don't wait until spring to look your best, start now and begin seeing results just in time for spring break. During 8 one-hour classes you will improve muscle strength, muscle tone, increase your metabolism and burn calories.

To register, stop by or call the service desk 269-639-2949



Members: \$ 64.00
Non-Members: \$ 80.00

All 8 sessions

Accepting only
10 people

SHORELINE WELLNESS CENTER

950 S. Bailey Avenue
South Haven, MI 49090
www.shorelinewellness.org 269-639-2949

SOUTH HAVEN
HEALTH SYSTEM