

Semper Fit Presents



Sweet heart ZUMBA

IN SUPPORT OF THE
AMERICAN HEART ASSOCIATION'S
"GO RED FOR WOMEN"

“ OUR MISSION IS TO BUILD HEALTHIER LIVES, FREE OF CARDIOVASCULAR DISEASE AND STROKE. THAT SINGLE PURPOSE DRIVES ALL WE DO. ”
- THE AMERICAN HEART ASSOCIATION

“GO RED”
& WEAR RED

DON'T MISS THIS FREE EVENT!
SATURDAY, FEBRUARY 18
0930 - 1130 SEMPER FIT CENTER GYM

HEART DISEASE IS THE #1 KILLER AMONG WOMEN **LEARN MORE NOW**

FOR MORE INFORMATION ON THIS EVENT
SEMPER FIT FRONT DESK **858-577-4654**
CONTACT ELIZABETH **858-577-4669**

