



MOVES FITNESS

M T W T H F

9:00 am	Sit and B Fit	Sit and B Fit	Sit and B Fit	Sit and B Fit	Sit and B Fit
10:00 am	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers
11:00 am	Restorative Yoga	Core Therapy	Restorative Yoga	Core Therapy	Restorative Yoga

Amy Bonczek, CPT

Classes are offered to stretch, strengthen, and learn to control your muscles. Exercises are done with balls, bands, and weights along with just your individual body weight; designed to sculpt and feel better. Amy is also available for your personal training needs at **\$80/hr. or \$40/30min.**

“Don’t exercise because you hate your body, Move because you love your body”



“The body achieves what the mind believes”

- **Improve Mood**
- **Relieve Stress**
- **Increase Strength**
- **Improve Concentration**

\$10 per class, discounts may apply

Packages Available



**8900 Park Boulevard N.
Seminole, FL 33777
Phone: 727-767-0950**

www.allcare4u.com

