



**READY FOR A LIFE-CHANGING
FITNESS REVOLUTION???
COME CONNECT WITH US!!!**

**Joyell Leonard ~ Certified Instructor
7 Limbs Wellness
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7 Limbs Wellness is excited to bring
REFIT® Classes to Elkin, NC!

**FREE CLASS SATURDAY, MARCH 11TH – CALL OR EMAIL TO REGISTER
CLASSES BEGIN MONDAY, MARCH 13th**

**Rhythm on Main Dance Studio
(246 East Main Street, Elkin)**

Classes Offered:

Monday, Wednesday, Friday Mornings: 10:00-11:00am

Monday, Wednesday, Friday Lunch Class: 12:10-12:40pm

Monday and Wednesday Evenings: 5:30-6:30pm

\$4/CLASS; \$3/LUNCH CLASS; \$30 UNLIMITED VISITS MONTHLY PASS

REFIT® classes are structured around cardio-dance movements; they also incorporate toning, flexibility, strength training, and stretching through an easy-to-follow formula that will both challenge fitness enthusiasts and welcome beginners. Our workouts are designed for everybody regardless of age, shape, size or ability.

COMMUNITY ~ POSITIVE VALUES ~ HEART~ FUN