



Classes, demos,  
refreshments,  
classes & special  
offers!

# heart healthy FITNESS FAIR

Saturday, February 15

## ♥ FREE CLASSES

- 8:15 AM Body Blast with Wendy
- 9:00 AM Begin to Spin and  
MyZone Tutorial (Spin Studio)
- 9:30 AM Spin 60 (MyZone Match Class)  
with Jon
- 9:30 AM Zumba with Eduardo
- 10:30 AM Pilates with Props with Marian

## ♥ CARDIO ASSESSMENTS (sign up at front desk)

- 11 AM - 12 PM Measure your cardio  
efficiency! Every 15 minutes,  
with head trainer Sarah  
Dowcett

## ♥ SPECIAL DEMOS (sign up at front desk)

- 8 AM & 9:30 AM Pilates reformer with Rebecca  
(Be Fit Studio)
- 9 AM Begin to Row with Jennifer  
(get a special rowing punch  
pass - 10 for \$120)
- 11:30 AM MyZone Tutorial  
(Group Ex Studio)

## ♥ TENNIS (sign up at front desk)

- 10 AM- 11AM Live ball doubles for all levels  
Racquet demo day - FREE  
assessment with one of our  
Tennis Pro's and enter to win a  
FREE TUNE UP!

VISIT US IN PERSON

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CALL US

508-394-3511

VISIT US ONLINE

[midcapeathletic.com](http://midcapeathletic.com)