

# ABSolutely

with Donny Waldron

**Thursdays**

**12:15-12:45 pm**

**A**n all abdominal workout!

**B**etter your form &

**S**trengthen your core

**Sign up at the front desk  
for a 4 Week Session \$99**

**(\$129 Nonmembers)**

For details contact Donny ext. 51 or  
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