

Spring into Shape for Summer

Saturday, March 27th

&

Get Your Sweat On For a Good Cause!

Join us for Body Pump, Body Step, Body Attack,

Body Flow, Body Vive, Body Combat and RPM

Proceeds go to the Ashland Fire House

The Fitness Concepts "Spring into Shape for Summer" is a charity event that lets you sweat for a good cause. When you take any group fitness class on March 27th your accompanying donation will go the Ashland Fire House.

And if you're one of the first 50 people to register, you will receive a free t-shirt

Event starts 8 am at Fitness Concepts

For Information and Registration

Call 518.734.4266