

**HUFF & PUEF**

**Before You STUFF!**

PRE-*Thanksgiving*  
WORKOUT

The  
Center for:  
your **BODY..**  
your **HEALTH..**  
your **LIFE!**

**Wednesday,  
November 21**

**5:30pm - 7:00pm**

**Featuring several class styles including:**

**Kickboxing, Body Bar, Tabata, and Pilates.**

**DONATIONS OF A NON-PERISHABLE FOOD ITEM FOR  
THE LOCAL FOOD BANK WOULD BE GREATLY  
APPRECIATED.**