



6-Week Fitness Challenge

Get Fit!

If you've taken a break or you're just getting started, this 6-week program is the perfect. Incorporate resistance exercises and interval training to help you get into great shape!



The Mill

1808 Main St., Lake Stevens

9:30 am-10:30 am Tues/Thurs

4/13-5/20

COST: \$180

Lundeen Park

10020 Lundeen Park Way

6:30 pm-7:30 pm Mon/Wed

4/5-5/12

COST: \$180

Email instructor to sign up!



GEM Fitness

Personal Training and Nutrition Guidance

425-239-7848

GEMFitness10000@gmail.com