

BOOM SHOCK FITNESS AND WELLNESS
PRESENTS

BE HEALTHY, BE FIT, AND BE CONSISTENT

JOIN US FOR 6 WEEKS!

- Nov. 4th - Dec. 18th
- Tues. / Thurs. (6 pm - 7 pm)
- Body sculpting and circuit training
- Bring your workout mat and hand weights
- Early bird rate - \$99 (reg. \$149)

(LIMITED SPOTS AT THIS RATE)

join now



One Family Resource Center - 5903 Stewart Parkway - Douglasville, GA 30135