

"Ashley teaches an amazing class!  
Great workout, fun music...I love it!"  
- Sarah Blakley



**ASHLEY POLI**  
of Whole Body Fitness

**First  
class is  
FREE!**

# 45-MINUTE CARDIO FITNESS CLASS

## Thursday's 6:00-6:45 PM

\$7 Drop-in Fee  
5 Class Card - \$30  
(fitness classes only)

This class is an intermediate fitness  
class for adults. Please bring a yoga  
mat or towel with you!

Held at **HYPE Dance Studio's** Fitness Room

1033 Mangrove Ave. Chico  
530.898.8789

**HYPE**  
dance studio

[www.wholebodyfit.net](http://www.wholebodyfit.net)

[www.hypedancestudio.com](http://www.hypedancestudio.com)