

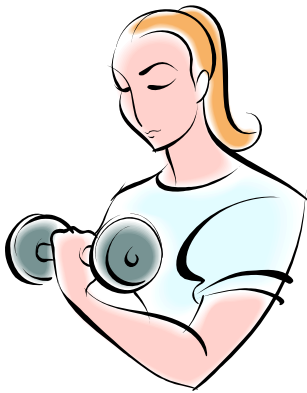
NORTH BETHESA UNITED METHODIST CHURCH

AND

THE FRED FOSTER FITNESS COMPANY

PRESENT

FITNESS FOR ETERNITY!



What is the Fitness for Eternity?

It is a fun filled, invigorating but relaxing sixty minutes of fun and laughter for seniors disguised as the best workout program you will ever do! No matter what your current fitness level, whether you run, walk or roll into the room or you have not exercised in years; a certified fitness instructor from **The Fred Foster Fitness Company** will safely and effectively help you stretch and bend your way to a stronger, leaner, healthier body and reach your goals in less time.

When?

Every Wednesday and Friday at 9:45 AM

Where?

North Bethesda United Methodist Church
10100 Old Georgetown Road
Bethesda, MD 20814
301-530-4342

How Much?

\$24.00 per Month for One Session per Week
\$48.00 per Month for Two Sessions per Week

How do I register?

Contact The Fred Foster Fitness Company, Inc. at **240-403-4100**

or

info@fredfosterfitness.com

DROP INS ARE WELCOME!