

# Slim Summer 6-Pack

w/ Steve Mehaffey

**Monday, Wednesday, Friday, 6:00-6:30 p.m.**

**June 14 - August 6** Ages 18+

Tired of stubborn fat around your midsection?  
Don't know exercises that work core muscles?  
Then come out for a half hour workout with Steve that focuses on these hard to reach areas. Come see how strengthening your entire core can improve your posture and decrease lower back pain!

8 Weeks, \$99 member, \$149 non-member  
Sign up at the Front Desk.



**Elite Sports Club ~ West Brookfield**  
**600 N. Barker Rd., 262-786-3330**

