

# DITCH THE WORKOUT-JOIN THE PARTY!!!

## At Ludington Fitness



### COMBINATION - CLASS SCHEDULE:

## CARDIO KICKBOXING STEP AEROBICS ZUMBA



- Monday, Wednesday, and Friday at 4:00 pm to 5:00 pm (This class runs for a limited time only - please call to check the status of this class)
- Monday and Wednesday at 5:30 pm to 6:30 pm
- Monday and Wednesday at 6:35 pm to 7:35 pm (This is a 6 week beginner session - please call to see if this 6 week session has started )
- Tuesday, Thursday, and Friday at 9:00 am to 10:00 am
- Saturday at 9:30 am to 10:30 am



### FREE WEIGHTS/BOOT CAMP/CIRCUIT TRAINING - CLASS SCHEDULE:

## WEIGHT TRAINING BOOTCAMP CIRCUIT



Tuesday and Thursday at 5:30 pm to 6:30

Sunday at 4:00 pm to 5:00 pm

Call 690-3188 or check out our website at  
[ludingtonfitness.com](http://ludingtonfitness.com)

No contracts and no sign up fees! Classes are only \$5 per class or \$65 per month. So why not commit to be fit with Ludington Fitness?

PERSONAL TRAINING IS ALSO AVAILABLE JUST CALL FOR AN APPOINTMENT

Ludington Fitness

821 S. Washington Ave.  
(Above Fritz' Pourhouse)

Ludington, MI 49431