

GBMC



GBMC AND BRICK BODIES BRING YOU

PILATES

A LOW IMPACT CLASS THAT
STRENGTHENS, TONES, AND
IMPROVES FLEXIBILITY

TUESDAYS @ 4:15PM
IN THE GBMC FITNESS CENTER

October 2nd through November 20th

\$30 for 8 weeks of classes!

Registration Required

**Visit www.BrickBodies.com/shop
and click on the GBMC logo**

Questions? Call Crystal at 410-252-8058 X206