

**Amorous**  
**Pole and Fitness Dance**

Pole dancing classes offer the opportunity to let loose and have fun while toning the body and increasing core strength.  
All fitness levels welcome!

**Classes offered:**

**Tuesday**

Noon - 1pm  
1pm - 2pm

**Friday**

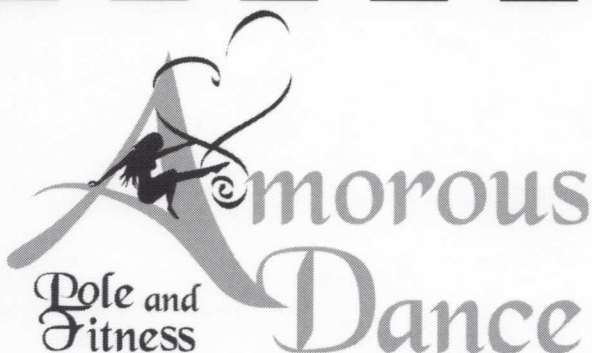
Noon - 1pm  
1pm - 2pm

**Saturday**

2pm - 3pm  
3pm - 4pm

**Sunday**

5pm - 6pm  
6pm - 7pm



**\$10 for a 60-minute trial class plus bring a friend for FREE! (\$30 value)**

Limit one coupon per member. No expiration.