

# Challenge Your Limits Fitness®

## "40 And Fit For Life Aerobics" With Jim Sterling

### Low Impact Exercises Tone Muscles, Increase Strength

1. Excellent for improving your cardiovascular conditioning
2. Strengthens your back
3. Special attention to your abs
4. Trims inches off your waist
5. Tightens your thighs and butt
6. Strengthens and lifts your upper body
7. Tones your lower and upper arms
8. Ongoing increase in functional strength



### Go At Your Own Pace—Set Your Own Goals



1. Initial program approximately 45 minutes
2. A fun workout, great music foundation
3. Gradually build your strength and endurance
4. Exercises selected to keep your body stable
5. Scalable pace helps prevent injury
6. Long warm-up ensures you are Ready To Go
7. **Advanced class also available**

**4780 Doniphan (Hayashi's Martial Arts Academy)  
8:30—9:30 AM Monday, Wednesday, Friday  
\$50 Per Month With Six Month Commitment  
Month-To-Month: \$60; Try It Out: \$10.00  
Call 225-2354 For More Information**