

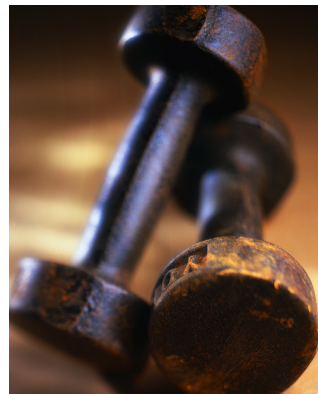
# Total TBS

*Total Body Shape-Up!!*

Wednesday Evening Class at 6:30PM  
Beginning January 18<sup>th</sup>, 2011  
Instructed Alternately By  
Stacey LaPlante and Kelly Kaczmarczyk



A Beginner Level Class Where  
You Will Learn How to Utilize  
all that we have to Offer at the  
Body Shoppe!!



We will teach how to use the Cardio  
Equipment, How to Use the Weight  
Room and exercises you can do on  
your own in Multi-Purpose Room