

Moms! Dads! School Staff!

Now is the PERFECT time to get in shape!
Start now, before the holidays!

GET UP and GET GOING
with Sunrise Cross Training Fitness Classes.
Monday, Wednesday, and Friday
at the Fishkill Recreation Center with a
Certified Instructor/Personal Trainer with 25 Years Experience, MEche

MEN & WOMEN
ANY Age
ANY Condition
Commit Today and make a
lasting change in your life.

SPECIAL WINTER OFFER:
Join Now With a Partner
and Only Pay for ONE
with a 3 month commitment.

For Registration & Information contact MEche
845.264.1310 / mechelemcgreedy@hvc.rr.com
OR Visit www.MEchele.tsfl.com for Fat Loss Coaching