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I AM NOT TRYING TO PROVE ANYTHING.

I AM JUST DOING ME. SUPPORT ME, MOTIVATE ME

OR

GET OUT OF MY WAY. gymaholic

NOVEMBER 18 TO DECEMBER 30 GLAM CAMP WITH YAYA FITNESS

Come and join us for fun, laughter and exercise. You will break a sweat but not so much, you will still look glamorous to meet friends for coffee afterwards! Saturday mornings at Civic Park in San Dimas at 7:30 am starting November 18th thru December 30th.

Looking for at least 6 empowered women with the powerful mindset: **I CAN AND I WILL. MEN ARE WELCOME!**

Cost \$85



**GLAM FITNESS
CAMP**

**DON'T PUT OFF
WORKING OUT
UNTIL 2018!**

**FEEL GREAT AND
LOOK GLAMOROUS!**

**BE PROACTIVE AND
GET AHEAD OF THE
"CURVES"**

**MOVE A LITTLE AND
LIVE A LOT!**

YAYA FITNESS

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