

Beach Body Workout

**GET YOUR BODY SOLID AND BEACH-READY
IN JUST 12 WEEKS WITH OUR
BEACH BODY WORKOUT !
Interval Strength Training...Aerobics...Core Training**



**A NEW YEAR...
A NEW BODY**

Tree of Life Yoga & Wellness Center
102-19 Metropolitan Avenue
Forest Hills, NY 11375
718 544-5997

**Check out our
Tree of Life (TOL)
New Fitness Schedule
for Class Times**



Beach bodies don't come easy!

