



**BODYBALANCE**  
BY PHYSIOFLOW

**NEW OFFERING!**



# MIDDAY ENERGIZING FLOW

A SPECIAL LUNCH CLASS FOUR TIMES A WEEK AT NOON (55 MINUTES)

**TUESDAYS:**  
@BAEPLEX

**WEDNESDAYS:**  
@BODYBALANCE

**THURSDAYS:**  
@BAEPLEX

**FRIDAYS:**  
@BODYBALANCE

**10 CLASS PACKAGE:**

\$100  
FOR LUNCH CLASSES ONLY

**SPECIAL OFFER:**

UNTIL END OF YEAR, ALL ANNUAL AND  
AUTO-DEBIT MEMBERS MAY ATTEND  
LUNCH CLASSES FOR  
**NO ADDITIONAL FEE**

**SIGN UP AT BODYBALANCE  
OR AT  
[WWW.BODYBALANCEWILLIAMSBURG.COM](http://WWW.BODYBALANCEWILLIAMSBURG.COM)**



BODYBALANCE  
307 MCLAWS CIRCLE  
757.221.0774

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