



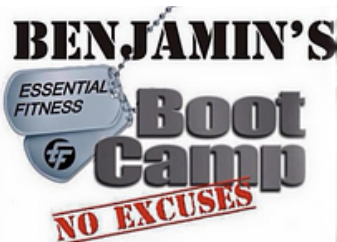
**ESSENTIAL
FITNESS**



186 Broadway • Port Ewen, NY

CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
<p>DANCE XROSS FITNESS 5:30 PM</p>	<p>BENJAMIN'S BOOTCAMP 5:45 PM</p>	<p>HEALTHY KIDS HEALTHY HEARTS 4:00 PM</p> <p>ESSENTIAL FUSION 5:30</p>	<p>BENJAMIN'S BOOTCAMP 6:00 PM</p>		<p>BENJAMIN'S BOOTCAMP 9:15 AM</p>



For more info or free assessment / evaluation, call Austin
845-332-4212 www.iLoveEssentialFitness.com