



If you don't have
time to exercise -
this is for you!

START STRONG

-Tuesdays and Thursdays
for 6 weeks
-12:00 pm and 12:30 pm
-Begins January 7, 2025

- 20 quick minutes!
- Raise your heart rate!
- Move your muscles!
- Burn more calories all day!

**CLICK OR SCAN CODE TO
REGISTER**



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205-307-2745

