

YOU'RE INVITED
★ TO A ★
**FITNESS
PARTY**

Date:

Location:

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What to Wear: Workout clothes

- What to Bring:**
- Water bottle
 - Workout towel
 - An old fitness item you might want to "swap"
(a DVD, equipment or work-out gear)

What to Expect: A killer workout + night out with friends

R.S.V.P