

# SUPER SETZ!<sub>50+</sub>

Another  
sterling  
product  
from!



TUESDAY  
9.15 – 10.00



AS WE GET OLDER  
WEIGHTED EXERCISES  
BECOME EVEN MORE  
IMPORTANT AS WE  
LOSE MUSCLE TONE  
AND ARE AT RISK OF  
OSTEOPOROSIS. THIS  
CLASS IS PERFECT TO  
ADDRESS BOTH THESE  
ISSUES.

WE ALL NEED SUPER SETZ!!!! (I SAID SETZ)!  
BE PREPARED TO **START SLOW** AND **LIGHT** –  
AND YOU'LL REAP THE RESULTS: TONING  
QUICKLY, MELTING BODY FAT, GAINING  
DEFINITION, + LOOKING THE BEST YOU'VE  
EVER BEEN (especially if you also follow Cat's  
nutritional plans). **BE THERE!!**