

**LOCATION: IHC GYM @ IHC CLINIC**

# **TONE ZONE FIT CLASS**

- **FIRM, TONE AND BURN FAT**
- **INSTRUCTION AND DEMONSTRATION PROVIDED**
- **PROPER TECHNIQUE REINFORCED**
- **LEARN HOW TO BUILD YOUR OWN EXERCISE ROUTINE**

**TO SIGN UP CALL  
ANDY MUNOZ**



**8AM TO 9AM MON & WED  
BEGINS JULY 22  
LOCATION: PUBLIC HEALTH  
LIBRARY**

**IHC ADDRESS: 50100 GOLSH  
ROAD, VALLEY CENTER, CA  
92082**

**Contact: *Andy Munoz*  
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