

# Fitness Programs



Single Classes...\$20/class

3 Classes Week..\$90/month (any 3 hrs wk)

Unlimited .....\$120/month

## What do *MOVE IT* students Say?

*"Continuing to attend has been the best gift I could have given myself. Michele has helped me keep my body reasonable fit and by coming to class at the end of the day, I've been able to relieve daily stress. I have formed eternal friendships. We've laughed and cried together and helped each other in times of crisis"*

**Lucy Young**

**Member since 1985**

*"Nice people. Great music. Most innovative instructor on the planet = never boring!"*

**Jill Brantley**

**Member since 1985**

*"I attend classes at MOVE IT primarily because the classes are relatively small compared to the large fitness centers. I feel I am getting personal attention at this level. The men and women that I workout with are a very convivial group and off-the-cuff, which I enjoy"*

**Cathy Romero**

**Member since 1997**

**MOVE IT** 135 W. Maple Ave, Monrovia (626) 848-2950  
www.moveitstudio.co - move\_it@sbcglobal.net



## My personal guarantee...

*...As owner of MOVE IT, I personally guarantee exercising here will be both exciting and filled with fun! Watch or try a class to see. There are no contracts to sign or embarrassing dress codes. Just a focus on enjoyable classes and laughter.*

*Email or call me at the number below so I can help recommend classes best suited to your schedule , goals and budget. As a 32-year fitness professional, I can offer you an effective program and help you stay motivated. I do care and will help you get the results you want in a safe and fun way.*

*Hope to see you soon!*

*Michele Silence, M.A.*

**Note For All Classes: Minimum of 2 students must be present within 10 minutes of start time for class to begin.**