



It's a Pinterest Party!

Where: X Shadyside Group Fitness Room

When: Saturday, December 1st, 12:00PM
(immediately preceding the Class-a-Thon)

Cost: FREE to all members & non-members

RSVP: At the front desk or visit X Shadyside's Facebook page

Come sample healthy recipes, enjoy nutrient-packed "mock-tails," and watch fitness demonstrations.

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