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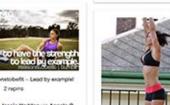












Jessie Hadden via Angela © Est Spin Run Repeat ordo Health and fitness

























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15 Minute Medis







Where: X Shadyside **Group Fitness Room**

When: Saturday, December 1st, 12:00PM (immediately proceeding 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.



SHADYSIDE