

Tuesday, August 21, 2012

Instructional Sexy Fitness Workshop

info@divagirlfitess.com (Click the link listed!!)

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Get Certified with DivaGirl Fitness! Join the Diva Revolution!

Get ready to get fit, have fun and feel sexy! Find out how you can start your own DivaGirl Business!

Get fita sexy styles! In this workshop, we focus on learn basic movements on various platforms: standing, wall & floor. Choreography and teaching ideas are offer to aid in the creation of a sexy fitness class for the average woman!

Details:

Date: Sunday, Ocotober 14, 2012

Time: 12-3PM

Location: Signature Fitness

50 Route 10 West,

Whippany NJ 07981

Cost: \$94 ** Includes the manual

Click here to register - http://divagirl-inc.com/fitness/dgf_classes/instructional-sexy-fitness-workshop-new-jersey/

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