



# CARDIO GOLF

*With Britni Beamish*

Join us at 10 am on,

April 8th

April 15th

April 22nd

April 29th

Call to Register :

**616-847-5858**

MEMBER RATE

\$12 PER CLASS

NON-MEMBER RATE

\$17 PER CLASS

## SWING INTO SPRING!



**SPRING TRAINING ISN'T JUST FOR BASEBALL —  
DONT WAIT TO GET YOUR GAME READY FOR THIS SEASON!  
SHARPEN YOUR SWING WITH TARGETED MOVES FOR  
STRENGTH, SPEED, AND CONTROL!**



Spring Lake Fitness and Aquatic Center  
16140 148th Ave Spring Lake, MI 49456