



IT'S COMING TO BUTTERFLY LIFE

GROUP PERSONAL TRAINING

SNEAK PEAK

COMING SOON!!!! STAY TUNED!!!!

**ARE YOU READY TO TAKE YOUR WORKOUT TO
THE NEXT LEVEL????**

**WELL IT'S COMING, A GROUP PERSONAL
TRAINING CLASS TO INCLUDE**

**CARDIO, JUMP ROPE, HANDWEIGHTS, AB
CRUNCHES, HIP ABDUCTION/EXTENSION AND
MORE!!!!!!**

If interested call Kim 916-230-0697