



 **get motivated** 

A decorative horizontal line of small, multi-colored dots (including yellow, green, blue, pink, and black) is positioned above the text "get motivated".

FITNESS FRIDAY



what is **FITNESS FRIDAY?**

Visit your local lucy **MAY 15** for our first Fitness Friday! Pros will be on hand for one-on-one consults on everything from fitness assessments to workout motivation and maximization. Give us a shout for more details, and we hope to see you there!