



Coldiron Club Fitness

TEAM IRON BEAUTY

HEART | HEALTH | HAPPINESS



I AM A WIFE. A MOTHER. A NURSE PRACTITIONER.

&

A HEALTH AND WELLNESS COACH.

I AM PASSIONATE ABOUT HELPING OTHER BUSY WOMEN
FEEL COMFORTABLE IN THEIR OWN SKIN AND LIVE THEIR
LIFE WITH PURPOSE!



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New Year New You!

YOU ARE INVITED:

WORKOUT WEDNESDAYS
WITH COLDIRON CLUB FITNESS

January 23, 2019

February 13, 2019

March 13, 2019

7-8 PM

HERMITAGE FARM CENTER FOR HEALING
6415 WEST RIVER RD NW
ROCHESTER

- *30 minute full body workout
- *Product taste-testing and sampling
- *Prize giveaways
- *FUN!

Please bring a water bottle and yoga mat!

Classes are free!

