



# GET SHREDDDED MAYhem

**May 1 - May 26 | Instructor: Tami Taylor**

Monday through Friday: 5 a.m. (Gym) | Tuesday & Thursday: 5:30 p.m. (Outside)  
28 One-hour Sessions / 4 weeks

## **Class Fees:**

- \$85 for Members; \$110 for Non-members
- Punch Card (8 Visits): \$35 for Members; \$45 for Non-members
- Drop in: \$10 per Class for Members / \$20 per Class for Non-members

*Anyone is welcome to "try" one class at no charge!*

**Register at the Members Services Desk or by calling (903) 323-6511.**



**CHRISTUS<sup>®</sup>  
GOOD SHEPHERD**

Institute for Healthy Living

[gsmcInstitute.org](http://gsmcInstitute.org)