



NEW! Teen Spin for Weight Loss (Ages 13-17)

Tuesday and Thursday 3:30 - 4:30 July 7 - August 29

This 8-week program will help teens redefine their concept of fitness and wellness to include all facets of fitness as well as lifelong healthy eating habits. Please see Leisure Magazine or visit our website www.freedom-center.com for details.

www.freedom-center.com • 703-993-8444 • 10900 University Blvd., Manassas, VA

on the Manassas Campus of George Mason University