

Holiday Gift Special Offer!

*Take charge of your fitness this holiday season by keeping your workouts fresh and fun! Call (509)448-9438 now to receive a free **Tone and Stretch IV DVD or VHS** workout when you purchase two regularly priced workouts (shipping charges apply). For more gift ideas visit our website @ www.sitandbenefit.org.*

Best Wishes for the holiday season!

Sit and Be Fit

