

# Summer Fitness Classes



Cardio Barre

Gentle Pilates

**Mondays:**

June 22 -

July 27

7:45am

**Mondays:**

June 22 -

July 27

5:30pm

Truro Community Center

7 Standish Way, North Truro

Contact: Jan Taylor

[jan@getlivelynow.com](mailto:jan@getlivelynow.com)

617.320.2493

# Summer Vacation

## *Health & Fitness Coach*

### Jan Taylor

Exercise

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Eat Well

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De-stress & Restore

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Make the most of  
your time away...  
Nourish your body,  
mind, and soul.



Available for private &  
small group sessions:

- in your cottage
- vacation home
- on the beach!

**SIGN ME UP!**

jan@getlivelynow.com

617.320.2493

www.getlivelynow.com

SERVING PROVINCETOWN, TRURO, AND WELLFLEET