

Summer Fitness Classes



Cardio Barre

Gentle Pilates

Mondays:

June 22 -

July 27

7:45am

\$10 drop-in rate

Mondays:

June 22 -

July 27

5:30pm

Truro Community Center

7 Standish Way, North Truro

Contact: Jan Taylor

jan@getlivelynow.com

617.320.2493

Summer Vacation

Health & Fitness Coach

Jan Taylor

Exercise

Eat Well

De-stress & Restore



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