

Spice up your workout routine with Flirty Fit Chair Classes at EMC!



This class is geared to help you lose fat and to change the shape of your body. Learn to convert a simple chair into your workout bench, then incorporate your own body's resistance to sculpt and tone your muscles from head to toe. The result: lean gorgeous muscle that helps burn fat even when you're not working out. Incorporate Flirty Fit Chair Class at least once a week and prepare to become a fat burning machine!

For ladies 18 to 80 years old.

All body types are welcome! Join us for a no-pressure, discreet workout close to home.

**\$15 for a Drop-In Lesson
or \$100 for a 10 Lesson Card**

Don't know what to do with your child during your workout class? Enroll him or her in a dance or gym class at EMC!