

FEEL CONFIDENT. FEEL POWERFUL. FEEL STUNNING.

Elegance in *Motion*:

Get fit for the Ball

Presented by the Semper Fit Center

Step into ball season feeling your absolute best! Join us for a series of fun, motivating pre-ball fitness classes designed to sculpt, tone, and boost your confidence for the big night. Bring your friends, bring your energy, and let's make this ball season unforgettable!



COUNTDOWN TO THE GOWN

THE CLASS LINEUP

Find your perfect fit and rock that look!



GOWN READY BYOB

A full-body weight-training session designed to build posture, core strength, and total-body confidence.



MIND BODY YOGA

A calming, posture-enhancing flow to improve flexibility, reduce stress, and center your mind before gown try-ons.



CONFIDENCE ZUMBA CARDIO PARTY

A high-energy dance-cardio celebration to boost your mood, burn calories, and build stamina for a full night of dancing.



GOWN FIT FS8 PILATES

A fusion of Pilates, yoga, and toning with a little "hell yes" energy to help you feel sleek, strong, and ready for the spotlight.



GLUTES & CORE SESSION

Targeted sculpting perfect for rocking strapless gowns, fitted silhouettes, and dramatic side slits.



HIGH-ENERGY HIIT STYLE SPIN

A powerful lower-body conditioning ride to build endurance and toned legs for that unforgettable dress moment.

SPECIAL OFFER: 100% FREE!

New participants get FREE access to these events for TWO WEEKS!

REGISTER IN PERSON

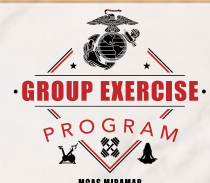
at the Semper Fit Center



Questions? Call us at **858-307-4654** | or visit the Semper Fit Center front desk today!



No federal endorsement implied.



FREE CLASSES FOR NEW ELIGIBLE PATRONS FOR 2 WEEKS