



V

I

Vitality

P

Performance

R

Re-Conditioning



Levy Family Campus
14855 Oka Road Suite 201
Los Gatos, CA 95032

fitness

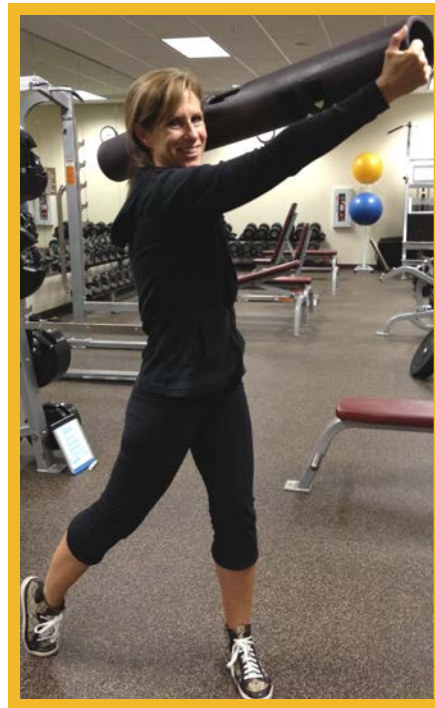
VIPR Classes

BUILD MUSCLE & BURN CALORIES
through strength and movement
training!

Mondays, January 2nd-February 27th, 5:30pm-6:30pm or
Saturdays, January 7th-March 3rd, 11:30am-12:30pm

Cost for 8 classes: Members \$280, Non-members \$360

Suitable for all ages and abilities
Weights ranging from 4kg to 20kg
Provides an effective whole body workout



Pre-Registration is required.

For more information, please contact Linda Thompson,
Lead Personal Trainer, at lindat@svjcc.org