

Total Wellness supports National Work and Family Month and invites you to try out our classes for FREE

This coupon is good for one **FREE HATHA YOGA** Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

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This coupon is good for one **FREE FUSION** Yoga Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

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This coupon is good for one **FREE ZUMBA** Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

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This coupon is good for one **FREE EXPRESS AND ROCK HARD CORE** Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

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This coupon is good for one **FREE FOUNDATIONS** Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

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This coupon is good for one **FREE TOTAL BODY SCULPTING** Total Wellness Classes offered by the Department of Health, Physical Education and Recreation at Jowers Center.

Name: \_\_\_\_\_ Email: \_\_\_\_\_