

ALLISON EMPLOYEE SPECIAL

Cardinal Fitness

**ONLY
\$50.00
PER
PERSON**

GET IN ... GET FIT!

**FOR THE
ENTIRE
YEAR**

Must sign up at the Chapel Hill Location Only. (For paperwork & waivers). Membership good at all locations.
Membership good for Allison Employees & Contract Employees, Spouses, & Retirees.

CHAPEL HILL
Chapel Hill Shopping Center
209-0875

OTHER INDIANAPOLIS LOCATIONS

Avon (317) 273-8940

Broad Ripple (317) 465-1090

Cool Creek (317) 566-9144

Eagle Highlands (317) 347-8870

Fishers (317) 585-6902

Geist/Olio (317) 913-0800

Greenwood (317) 883-1806

Michigan Rd (317) 872-3060

Noblesville (317) 774-0900

Pendleton Pike (317) 823-5611

Southport (317) 786-9184

Washington St (317) 898-3488

Club Hours: Monday - Thursday 5am - 10pm • Friday 5am - 9pm • Saturday 7am - 7pm • Sunday 7am - 7pm

Is getting in-shape and losing a few pounds one of your New Year's resolutions? If so, then here's a great chance for you to take advantage of one of your benefits of being part of the Allison's team!

*AEROBICS classes available to
all Allison's employees and
Retirees, plus family members!*

Abs / Core Classes
Strength Circuit Classes
Cardio Kickboxing Classes

The aerobics studio is located about 15 minutes away, just off Country Club Rd. between 10th St. & 21st St. These classes are great for everyone, regardless of your present level of fitness. Experienced & expert guidance provided by a Certified Master Fitness trainer.

Visit fit-4-life-indy.com for directions to studio and schedule of classes or you can call Marty England at 443-8996 for more information!

AEROBICS SCHEDULE for Curtain Call Academy of Dance

MON	TUE	WED	THU	FRI	SAT
					BASIC TRAINING 8:00am-9:00am
CIRCUIT 8:30am-9:30am		CIRCUIT 8:30am-9:30am		CIRCUIT 8:30am-9:30am	
	ABS BLAST & KICKBOXING 4:00pm-5:00pm			ABS BLAST CIRCUIT 4:00pm-4:45pm	
	ABS BLAST 6:00pm-6:30pm		ABS BLAST 6:00pm-6:30pm		
	KICKBOXING 6:30pm-7:30pm	CIRCUIT 6:30pm-7:30pm	KICKBOXING 6:30pm-7:30pm		

For more information, call Marty England at 443-8996. Visit my website at 'fit-4-life-indy.com' or 'martyengland.com' if you would like to see more detailed explanations of each class.

