

*Join us for*



# **Kickboxing, Pilates and Abs!**

**CLASSES START ON  
MONDAY, NOVEMBER 2, 2009**

**Don't fall behind in your good  
exercise habits!**

**Mondays 6:00pm-7:30pm  
Kickboxing and Abs Class**

**Wednesdays 6:00pm-7:30pm  
Pilates and Abs Class**

**NSU Brambleton Community Outreach Center  
909 Marshall Avenue • Norfolk, VA 23504  
757-823-8473**

**[www.nsu.edu/brambletoncenter](http://www.nsu.edu/brambletoncenter)**