



**VAH KI
RECREATION**

**B3 Fitness AZ
Body By Bernita**

**GROUP
PERSONAL
TRAINING**

12:00 P.M. - 1:00 P.M.

8 WEEK PROGRAM
Starting January 7th
2019

*Nutrition Plan

*Weigh-Ins

*Measurements

*Mentoring/Monitoring

*Personal Program based on
goals/assessments

For more information contact Vah Ki Recreation at (520)315-3441