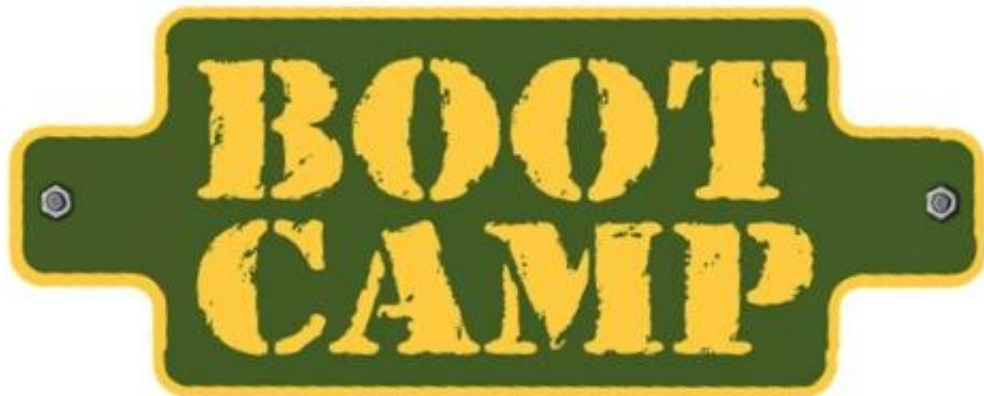




**LADIES ONLY**



**Tues & Thurs Mornings**

**6:00 to 7:00 am**

**January 18<sup>th</sup> thru February 24<sup>th</sup>**

Locations vary. Sign up at Parkway Nautilus  
Nautilus members: \$75 Non-members: \$150

**Class size is limited.**

Questions? Contact Melinda Peacock

[mpeacock@cablone.net](mailto:mpeacock@cablone.net)