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Subject: Strong Brows + Strong Bodies
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To: kathryn@sweattherapyfitness.com

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SWEAT
THERAPY FITNESS

Strong Brows + Strong Bodies

Wednesday, April 18 | 6:30pm - 7:30pm

Learn how to keep your brows and body **STRONG** with [Sweat Therapy Fitness](#) and [Bumblebee Waxing & More](#). Join these two powerhouse local businesses for a night full of calorie burnin' and brow shapin'!

Kick-off the evening with a 30-minute group workout designed by a certified Sweat Therapy Fitness trainer to sculpt your total-body. This workout will include a variety of training methods including bodyweight exercises, dumbbells, IndoRow® Water Rowers, RealRyder® indoor cycling bikes, TRX Suspension Trainers® and more.

Post-workout learn how to sculpt your brows with tips about shaping, filling and maintaining beautiful brows from the Bee Team.

ONLY 10 SPOTS AVAILABLE!