

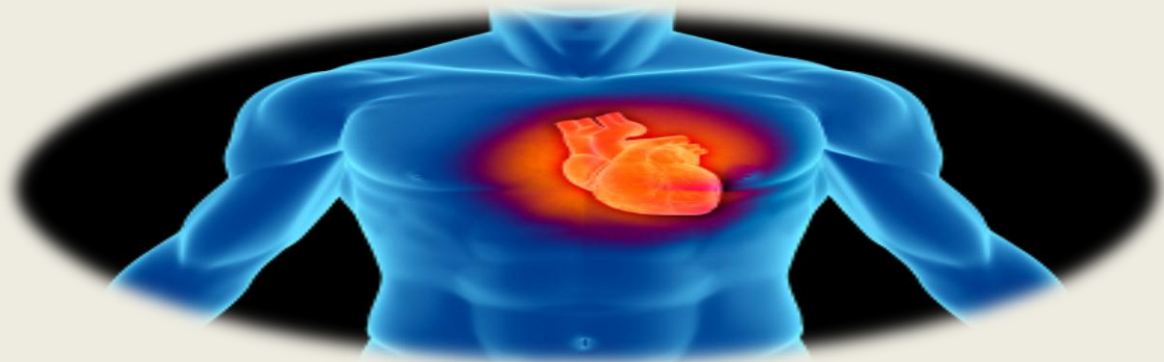


## Eagle Eye Consultants

*Releasing vision for the generations  
"Our ceiling will be the floor to the next generation"*

*Presents*

# Cardio and Power Flex Class



A full body work-out combining muscle strengthening and cardio activity

When: Every Tuesday and Thursday, beginning on **Tuesday, June 28, 2011.**

There is one 8 work-out session available. This session is limited to 12 participants.

June 28 – July 21, 2011

7:00pm – 8:00pm

Where: **8515 Ashwood Drive, Capital Heights, MD 20743**

(Located in the "Upper Room" at Burning Bush Community Fellowship)

Cost: **\$60 per person** (entire session)

Needs: Participants will need to bring their own stretching mats, towel, set of light weight dumbbells or resistance band, jump rope and water.

Registration: **Begins June 7, 2011**

Send request for registration to [eagleeyeconsultants@verizon.net](mailto:eagleeyeconsultants@verizon.net)