

OFFERING CYCLING * FUNCTIONAL
STRENGTH * YOGA * NUTRITION COUNSELING
ON WEIGHT LOSS AND MORE!

TRY A CLASS ON US!

*Experience the serenity
at Centergy*

CENTERGY
Nutrition & Fitness

1501 S. Mapleton Ave.
(Next to Boneshaker
Coffee and Epic Sports)
(707) 751-2351

VIEW CLASS SCHEDULE:
www.mycoachcathy.com

Class requires advance registration—call early to reserve your space. Centergy reserves the right to deny the free class request if sold out to Session Holders.