



In Observance of National Women's History Month
Assemblywoman Michele Titus

In partnership with Cross Island Fitness Center, is proud to offer

A Free Women's Fitness Day Clinic



SATURDAY, MARCH 14, 2015

9:00 A.M. -11:00 A.M.

Cross Island Fitness Center

219-10 South Conduit Ave., Springfield Gardens, NY 11413

**IT'S A 2 Hour WORKOUT WITH PROFESSIONAL INSTRUCTORS,
WHILE YOU SWEAT TO THE MUSIC OF THE FITNESS DJ**

Receive Injury prevention, Nutrition and Wellness information from certified health professionals

**Please keep in mind Spaces are limited! To RSVP for this event or for questions regarding and
community issue please contact: Assemblywoman Michele Titus's District Office
At: 718-327-1845 or 718-322-4958**