

SIGNATUREFD : INVITATION

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GET FIT IN JUNE

TRY OUT ONE—OR ALL—OF THE EXERCISE CLASSES
WE HAVE PLANNED

Hosted by SignatureWOMEN

The link between exercise and increased longevity has made headlines recently. Following our successful 21-Day Belly Fix program, where we focused on the foods we put into our bodies, we're spending June focused on the exercises that can increase our fitness—and possibly extend our lives!

If you are in need of an exercise routine or are looking to revamp the one you already have, then please join us! We will host exercise classes at fitness studios across Atlanta. If you've never tried yoga, have wanted to see if barre exercise is for you or thought you should give circuit training a go, now's your chance. Best of all, you won't do it alone but with the wonderful SignatureWOMEN community.

Yoga at Exhale

Date:

Thursday, June 4, 2015

Time:

3:30 p.m.–4:30 p.m.

Location:

Exhale

1065 Peachtree St. NE
Atlanta, GA 30309

We have 20 spots available, followed by cocktails at the Piedmont Driving Club. RSVP at signaturefd.com/getfit.

Barre class at Pure Barre

Date:

Wednesday, June 10, 2015

Time:

3:45 p.m.–4:45 p.m.

Location:

Pure Barre

1402 N. Highland Ave. NE
Atlanta, GA 30306

We have 18 spots available, followed by champagne and cocktails at Rosebud. RSVP at signaturefd.com/getfit.

Circuit training at Atlanta Kick

Date:

Wednesday, June 17, 2015

Time:

3:00 p.m.–3:45 p.m.

Location:

Atlanta Kick

764 Miami Circle, Suite 204
Atlanta, GA 30324

We have 20 spots available, followed by margaritas at Eclipse Di Luna. RSVP at signaturefd.com/getfit.