

# WE WANT YOU

Wellness Works NW is looking for  
**CIRCUIT TRAINING TEAMS**

**\$30 per week**  
or **\$12 per session**

**Be Challenged**

**Be Well**

**Be with your  
friends**



**Be met at your  
fitness level**

**Be stronger**

**Be cheered on**

**30 min sessions  
3 times per week  
(day & time negotiable within groups)**



Circuit Training will  
be led by  
Karen G Clemenson  
of  
Wellness Works NW  
located inside

Forever Fit Gym  
1211 18th Ave  
Longview, WA  
**360-447-8061**

**\$30 fee will be required at  
the beginning of the week.**

**Limit is 3 groups  
of 5 people so  
hurry & get your  
spot today!**

Wellness Works NW is a  
Christian, Military, Woman,  
Multi-Cultural, Inclusive &  
Disabled owned company



**Karen 360-447-8061**  
WellnessWorksNW.com

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