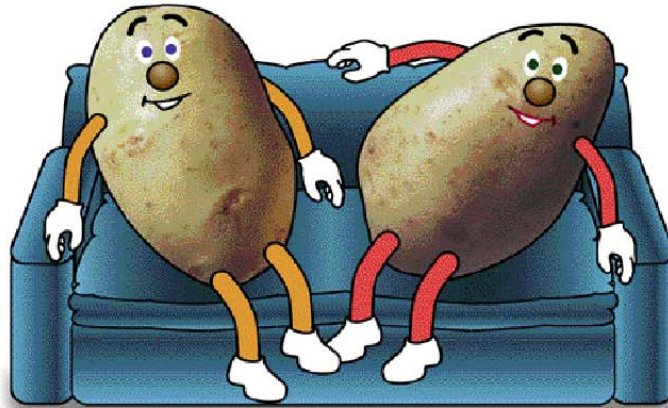


This winter REVISIONS presents 5 special programs for

Sofa Spud Prevention



To help you burn off those holiday feasts and get in shape for your active winter vacations!

Karate

(Open to all employees)

Jeff Kohn is back to help you burn calories, improve/increase flexibility, self confidence, full body strength, cardiovascular endurance and self discipline. You will learn self-defense techniques and decrease stress & tension.

*Tuesdays: 1-2:00 p.m.
January 16- March 6*

*Members \$68
Non-Members \$100*

Checks payable to North Shore Martial Arts Academy

Pilates

(Open to all employees)

Designed specifically to strengthen the core abdominals while opening joints and releasing tension. Emphasis is on concentration, precision movement and breath awareness.

Pilates certified, Zenda Sergo & Wendy Freeman instruct the eight week sessions.

Beginning:

*Mon.: 7-8:00 a.m. or
Thurs.: 2-2:45 p.m.
Jan. 15- March 8*

Continuing:

*Mon.: 7:50-8:35 a.m. or
Thurs.: 2-2:45 p.m.
Jan. 15-March 8*

Members \$30

Non-Members \$40

Checks payable to Leo Burnett

Salsa

(Open to all employees)

Looking to have some fun? Join in this 4-week session and learn how to connect basic salsa steps, lead, follow and incorporate turn combinations. Also learn meringue.

*Mondays: 6:30-7:30 p.m.
January 22-February 12*

*Members \$25
Non-Members \$35*

Checks payable to Leo Burnett

The Sergeant's Program™

(Open to all employees)

Whether just starting out or continuing, this program can motivate you to increase your cardiovascular endurance and increase your strength by way of military like techniques.

Beginning:

*Wednesdays: 7-8:00 a.m.
Jan. 17-March 7*

*Members \$30
Non-Members \$45*

Advanced:

*Tues. & Thurs.: 7-8 a.m.
Jan. 16-March 8*

*Members \$60
Non-Members \$90*

Checks payable to Leo Burnett

Yoga

(Open to all employees)

Yoga I: Learn the essentials of yoga stretching, breathing and meditation. Recover lost flexibility, energy and peace of mind.

Yoga II: Move into new dimensions of flexibility, stamina, strength and serenity. Reap the rewards of improved health, emotional balance, mental clarity and spiritual well-being.

Yoga I:

Thursdays: 5:15-6:15 p.m.

Yoga II:

Thursdays: 6:15-7:15 p.m.

Jan. 18-March 8

Members \$45

Non-Members \$55

Checks payable to Leo Burnett

Hurry! Class sizes are limited...Register today!

All classes are held at REVISIONS Group Exercise Room.



- Space is limited.
- Registration will not be accepted without payment. Return check and registration to REVISIONS by 5 p.m., Friday, January 12, 2001.
- Please write separate checks for each program (see above).

Please sign me up for:

	Member	Non-member
Karate	\$68	\$100
Pilates Beginning: M. / Th.	\$30	\$40
Pilates Continuing: M. / Th.	\$30	\$40
Salsa	\$25	\$35
The Sergeant's Prog. Beginning	\$30	\$45
The Sergeant's Prog. Advanced	\$60	\$90
Yoga I	\$45	\$55
Yoga II	\$45	\$55

Name _____

Ext. _____ Floor _____ Member: Yes No

Birthday _____

Employee # _____



Art Direction & Illustration Sample (flyer)

My humorous approach in concept, illustration and layout helped to lure employees back to the winter exercise programs after the holidays.

FLETCHER

FLETCHER HAYES