

Karate:

Become stronger and more self-confident as you practice "Shotokan" techniques. Instructor Jeff Kohn is a fifth degree black belt and U.S. National Team Coach for the 2004 Olympics.
Tuesday 1:00-2:00 p.m.
March 13-May 1 (8 weeks)

Yoga I & II:

Yoga certified Susan Witz is also a Registered Dietician and has been a Nutrition Director for 15 years. Gain flexibility, energy, and peace of mind as you learn "Hatha/Iyengar" style.
Thursday 5:15-6:15 p.m. (Beginning)
6:15-7:15 p.m. (Continuing)
March 15-May 3 (8 weeks)

Pilates I & II:

Learn to release tension, become stronger and more flexible as you strengthen the body's core muscles (abs, back, glutes, etc). Pilates certified Zenda Sergo and Matthew Zumann instruct.
Monday 7:00-7:45 a.m. (Beginning)
7:50-8:35 a.m. (Continuing)
Thursday 2:15-3:00 p.m. (Continuing)
March 12-May 3 (8 weeks)

Bulldog Bootcamp:

REVISIONS welcomes Bulldog Bootcamp Company! Join Greg Major, certified personal fitness trainer and CEO of Bulldog Bootcamp Co. in this motivating class. Military-like strength and cardiovascular workouts will keep you motivated to achieve better strength, cardiovascular endurance and flexibility.
Tuesday, Wednesday & Thursday 7:00-8:00 a.m.
March 13-May 3 (8 weeks)

Salsa:

Latin Street Dance Co. is back to help you sweat while having fun! Whether you have "two left feet" or great coordination, learn new Salsa and Meringue combinations that will keep you moving!
Monday 6:30-7:30 p.m.
March 12-April 30 (8 weeks)



Open to all employees!



- Space is limited.
- Registration will not be accepted without payment. Return check and registration to REVISIONS by 5 p.m. Friday, March 9, 2001.
- For Karate make checks payable to North Shore Martial Arts Academy. All others payable to Leo Burnett.

Enclosed is my check; please sign me up for:

	Member	Non-member
Karate	<input type="checkbox"/> \$ 68	<input type="checkbox"/> \$100
Yoga Beginning	<input type="checkbox"/> \$ 45	<input type="checkbox"/> \$ 55
Yoga Continuing	<input type="checkbox"/> \$ 45	<input type="checkbox"/> \$ 55
Pilates Beginning	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 40
Pilates Continuing: <input type="checkbox"/> M. / <input type="checkbox"/> Th.	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 40
Bulldog Bootcamp	<input type="checkbox"/> \$ 85	<input type="checkbox"/> \$100
Salsa	<input type="checkbox"/> \$ 50	<input type="checkbox"/> \$ 60

Name _____

Ext. _____ Floor _____ Member: Yes No

Birthdate _____ Employee ID# _____

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Art Direction Sample (flyer)

An op art approach to organizing the information with a Spring-like mood.



FLETCHER HAYES