



# OCC FIT CLUB



Join us for **fun** fitness classes that gets results!!!

**Happy Hour Work out**

**February 24th 4:30—6:30 !**

**Ottumwa Country Club**

**\$15 per person** & includes a cocktail, appetizers & a **45 min BODYCOMBAT** class

Please **call Jami** @ 680-5523 to sign-up or **RSVP** on **facebook!**

Wear **workout attire** & come ready to kick some **serious booty** **BABY!** We will

**DEFINITELY** not be having cocktails & munchies until **AFTER** the workout, so be sure & have a **snack**

including **protein & carbs** about **1 hour** before you come.

**Hey guys!** We would **LOVE** it if you are brave enough to join us. (;