



**ORIENTATION: 10 AM – 12 PM**

**START DATE: MAY 13, 2017**

**LOCATION: 1717 Kamehameha Ave., Hilo**

**REGISTER: Contact Grif Frost or Sharif Moyer at [office@hilohealth.coop](mailto:office@hilohealth.coop)**

Name \_\_\_\_\_

Provider \_\_\_\_\_

**FREE ASSESSMENT until 4/30 – \$25 VALUE!**

## SMART Exercise Classes

- ❖ A.K.A. MS4
- ❖ 77 % of MS1 participants completed all 36 exercise classes
- ❖ On average, MS1 participants were 8 years younger
- ❖ Medically measurable benefits included body fat reduction, muscle tone improvement, better joint mobility + coordination, and improved Life Quality
- ❖ Classes include beginner level to high-intensity (CORE)
- ❖ Commit to better health!
- ❖ All ages welcome to participate!
- ❖ **JUST SHOW UP**



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