



STUDIO SHALOM

WOMEN'S GROUP
STRENGTH TRAINING
functional & holistic

WHIDBEY ISLAND

@studioshalom.co

STRONGER TOGETHER



5PM FRIDAYS

*Women's Small Group
Strength Training*

Vibrant Fitness
819 Camano Avenue
Langley, WA

***Every Friday
5pm - 6pm
\$30 / person***

- Build Strength
- Improve Flexibility
- Supportive Trainers
- Positive Community

***Join the next
class!***

928.713.5442 | Shalom Eis