

'The Exotic You'

an Exercise Class for Empowerment

with Lisa Stark, 43 year old Mother, Grandmother & Dance Instructor

Fridays ~ 7:30-8:30 pm

Cost: \$45/6 classes or \$12 drop-in



No need to sign up. Just drop on in! This is an extremely welcoming and open class. It's a place where every woman fits in and is allowed to be herself.

Your body, mind and soul will love you for adding this class to your exercise routine. Be prepared to sweat, laugh and learn a few tricks that will just make you giggle and say, "Damn, I'm hot!" This class is for all ages, sizes and body types. We are all Sexy Ladies so no negative body talk allowed.

What to Wear?

We suggest long workout pants and a sexy top. I prefer to wear a low V neck sport top or a tight fitting scoop neck tee. It's important that you can see your curves. You may be a little uncomfortable with this at first, but trust me...you will be happy you slipped on that top that shows off your cleavage. So, no baggy pants and Budweiser tee's allowed!

Read more about Lisa at www.theexoticyou.com

RoseSprings Center for the Healing Arts

**5215 NE Elam Young Pkwy West
(1.5 blocks North of Hawthorne Farms Max Station)
Hillsboro, OR 97124
503-693-9101**

rosespringscenter.com