

Dr. James Rota Presents

Bounce Your Way to Health



3 Month Personalized Health Program in a Semi-Private Setting

Detoxification
through Education, Exercise & Diet
Great for Weight Loss, too

Tuesdays 5:00—6:00 pm

25 minute Guided Bouncercise Workout
including Stretching and Warmup
35 minute Health Discussions
and Personal Plan Development
Personal Progress Records

FREE Introductory Class

\$495 for 12 sessions
Interest-Free Payment Plans Available

Classes facilitated by:

Dr. James Rota

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