



# Exercise And Sobriety.

## ST. PAUL STRENGTH ROOM — LIVE LIFE STRONG —

The St. Paul Strength Room is launching a new group training class for people in recovery.

We want to create a safe, supportive community for people in recovery to incorporate exercise into their new lives to enhance the quality of sobriety.

### **Our first 4 week class will include:**

- 2 workouts per week with personal trainers
- 30 minutes strength training, followed by
- 30 minutes boxing

### **Class Dates:**

Wed, 11/29: 630-730 PM  
Wed, 12/6: 630-730 PM  
Wed, 12/13: 630-730 PM  
Wed, 12/20: 630-730 PM

### **Cost: \$159.95**

Saturday, 12/2: 230-330 PM  
Saturday, 12/9: 230-330 PM  
Saturday, 12/16: 230-330 PM  
Saturday, 12/23: 230-330 PM

Call 651-334-7250 To Register By 11/27.  
Located at 655 Fairview Ave N., St. Paul  
[www.stpaulstrengthroom.com](http://www.stpaulstrengthroom.com)