

## *FitnessWorks*

The only full service fitness center on the North Coast. Memberships include over 50 group fitness classes a week, special series like SUP Works, personal trainers, childcare, massage, physical therapy and more.



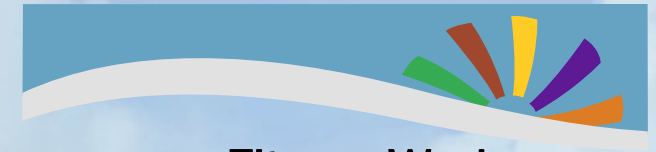
### 6 Week Summer Series

FitnessWorks  
500 Quintana Rd  
Morro Bay CA 93442  
[www.FitnessWorksMB.com](http://www.FitnessWorksMB.com)

Phone: (805) 772-7466  
[Membership@FitnessWorksMB.com](mailto:Membership@FitnessWorksMB.com)

## *The Paddleboard Co.*

Founded by Sandi Twist and specializing in sales, rentals, yoga, tours, groups, fitness, and special events.



**FitnessWorks**  
and

**The Paddleboard Co.**

Partner to Present

# SUP Works

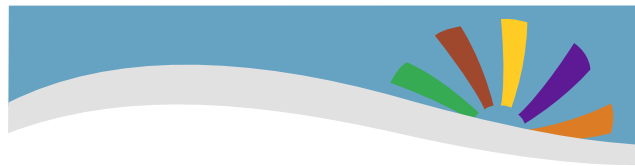
Stand-Up Paddleboarding

### A Summer Series

**Thursdays 8am-9am**  
**July 6th—August 10th 2017**

**Payment and Reservations  
Required**  
**At FitnessWorks in Morro Bay**

**\$20 per Session**  
**6 sessions only**



# SUP Works

*Thursdays 8am - 9am*

*6 Sessions starting July 6th - August 10th*

Stand-Up Paddleboarding is a fun, dynamic way to enjoy the outdoors and get a great total-body workout.



Join The Paddleboard Company and owner Sandi Twist for a brief instructional then enjoy the 'on the water' experience in this 6 week series. Each paddle is guaranteed to include plenty of wildlife sightings, on the water balance and strength work, and a really good time!

## Cost

Per Person/Session \$20.00  
Includes: Board & Leash  
Paddle and PFD

Bring Your Own Board \$12.00  
Minimum of 10' long  
With Leash and PFD  
Per Session

**Gym Members**                      **2 SGT tkts**  
  
**Or \$20.00**

Reservations Required  
One day in advance at FitnessWorks  
Space is Limited, Call today!  
  
(805) 772-7466

Must Pre-pay to reserve your spot  
Gym members may use 2 SGT tickets

***Each Session meets Thursdays at 8AM***

***At The Paddleboard Company  
575 Embarcadero at Marina  
Morro Bay, CA 93442***



***July 6th - August 10th, 2017***

***Thursdays 8am - 9am***

***6 Weeks Only***

### Summer Series

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Morro Bay CA 93442  
[www.FitnessWorksMB.com](http://www.FitnessWorksMB.com)  
Phone: (805) 772-7466  
[Membership@FitnessWorksMB.com](mailto:Membership@FitnessWorksMB.com)