



# 01/02/2016

## BARBELLS AND BUBBLY

### An Introduction to Small Group Training

SAVE THE DATE: Saturday January 2nd, 2016 'Barbells and Bubbly'

This is a small group information session, 30-minute workout, open registration, Mimosa's (optional consumption) and light snack.

If you are interested in a small group fitness class which is formatted for 6 or less participants this session is for you.

\*If you would like information on how "Inspired Fitness with Triche" can impact your fitness journey or if you need assistance with meal planning, stretching, or maybe some at home workouts this would be a great time to have a Q & A with Triche



*Fitness Professional Patricia Sylvester aka Miss Triche*

**Session fee \$16  
or \$12 with 4  
nonperishable  
food items**

**10:45am**

**Arrival time and  
Information session**

**11:00am**

**30-minute Workout**

**11:30am**

**Bubbly & Registration**

**Next 10-week series  
starts**

**10:45 am Saturday**

**01/09/2016 - 03/12/2016**

**11:00am Sunday**

**01/10/2016- 03/13/2016**

**INSPIRED FITNESS WITH  
TRICHE**

**Training location**

**Portland Team Fitness  
3311 NE MLK JR Blvd  
Portland, Oregon 97201**

<http://mistrichbizandthensome.com>

For more information and rates, contact  
Triche at 503-807-1050 or email  
[inspiredfitnesswithtriche@gmail.com](mailto:inspiredfitnesswithtriche@gmail.com)