

First Class Free!



THE
INVIA
TECHNIQUE

THE HIGH-POWERED ENERGIZING WORKOUT
THAT GIVES YOU A NEW BODY AND A NEW LIFE
DEBBIE ROSAS & CARLOS ROSAS

with **France~Laude Gohard**

Mon. Wed. & Fri.: 8:45am • Sat.: 9:30am

Non-members Welcome • drop in fee: \$10.00

class card: \$50.00/month (some restrictions apply)

Nautilus of Marin

1001 4th Street, San Rafael, CA 415.485.1001