



## **CYCLING THROUGH YOUR WALL DISCOVERING AND EMPOWERING YOU TO BREAK FREE FROM WHAT HOLDS YOU BACK FROM AND FITNESS, HEALTH, WELL-BEING.**

**Group SPIN, Motivation, Life Style Change, and Support - Join certified trainer/coach, Alli Behnke MSW, on a fitness journey to greater physical and mental health. Break through your barriers, gain strength, increase endurance, build self-esteem, find your YOU! Appropriate for all ages and fitness levels. Meet once a week at SOUL FIT's private studio with package options to continue cycle, HIIT, strength groups and/or individual training. Classes on-going, contact Alli for further information.**



VARIOUS GROUPS,  
DAYS, TIMES  
SUITABLE FOR ALL  
AGES AND ABILITIES.

Cycling through Your  
Wall!  
Beat Emotional Eating!  
SAFE Chronic Pain  
Support AND MORE

EMPOWER  
YOURSELF AND  
EMPOWER OTHERS  
TO INSPIRE CHANGE,  
LOSE WEIGHT, FIND  
MOTIVATION, GAIN  
STRENGTH!

COACHED AND  
FACILITATED BY  
CERTIFIED SPIN  
INSTRUCTOR,  
TRAINER, AND  
THERAPIST. 1.5 hr  
classes once or twice a  
week.

Located At:

SOUL FIT

Higganum CT

Contact

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Soul Fit CT on Facebook

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