



# TOTALLY YOU!

## SIX WEEK SESSIONS

A Weight Management and Exercise Program for  
Overweight/Obese Youth Ages 5 - 17

- **Hip Hop Aerobics -**  
A variety of dance moves targeting all the major muscles.
- **Hustle UP -**  
A variety of exercises taking you out of your comfort zone to tone. Boot Camp!
- **Hold On -**  
A variety of endurance and strength training and much more.

Classes are held Monday, Wednesday, and Thursday from 5:30 pm - 6:30 pm. For more information call 410-254-1555 or visit [www.Totallyou.com](http://www.Totallyou.com).

1718 Belmont Avenue - Suite H  
Baltimore, MD 21244