



651 Orchard Street, New Bedford MA 02744

508.994.2100

[www.howlandplacefitnesscenter.com](http://www.howlandplacefitnesscenter.com)



# POLE DANCE FITNESS IS BACK!

*with Personal Trainer,  
Jeff Costa*



## SHOW US YOUR DANCE MOVES

### FRIDAYS FROM 7PM - 8:30PM

(LIMITED SCHEDULE- SEE BELOW)

### STARTS FEBRUARY 10TH • WALK-INS WELCOME!

#### WINTER/SPRING SCHEDULE:

February 10th, March 9th, April 13th, May 11th

FRIDAYS 7PM - 8:30PM

Enjoy a night out with your girlfriends, bachelorette party, birthday party or even brush up on you dancing skills! One Friday, EVERY MONTH...check out the winter/spring schedule above and reserve your spot today!

MAXIMUM PARTICIPANTS: 16

CALL 508.994.2100 TO RESERVE YOUR SPOT AT A DISCOUNTED RATE!

**\$25** ADVANCE (NON-REFUNDABLE)

**\$35** AT THE DOOR