

Sweat into the New Year

With



Join NAND at Nashville FitLab for a free, fun, and challenging team workout led by owner David Duff, RDN, CSCS.

- Date: Thursday, January 21st 2016
- Time: Arrive at 5:45 PM for a 6 PM class
- Who: The first 15 NAND members to RSVP to cari.riker@hzu.com

Anyone is welcome to come join us at Calypso Café next door afterwards at 7 PM (Self-Pay).

Come for great networking and discussion to hear how David got started with Nashville FitLab.



3307 Charlotte Ave. Nashville, TN