



ARTEMIS  FITNESS

**FREE
CHILDCARE**

We know that moms are really busy and often don't have the time to workout. We thought that providing FREE childcare would give you the chance to do something for yourself - and your kids! We have a brand new playroom furnished by Kids City and babysitters too.

We offer high quality personal and small group strength training. Our gym is clean, convenient, and open only to women. Monthly memberships and punch card passes are available.

9AM CLASSES: TUESDAYS & THURSDAYS

Give Artemis a try. Your first class is FREE!