

IntenSati

with Help Me Rhonda Fitness

About IntenSati

- * Started in New York City in 2005
- * DVD voted top 10 by Fitness Magazine
- * Based on the teachings of mindfulness, positive psychology and the law of attraction.
- * Physically and mentally empowering
- * West Coast classes in Los Angeles and San Francisco

NOW IN TAHOE!



Rhonda Beckham
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www.TahoeTrainer.com

IntenSati:

Revolutionary high-energy cardio workout

Classes start May 1st

Sierra Athletic Club

Tuesdays & Thursdays -- 5:30 p.m.

*Followed by mat Pilates at 6:30 p.m.

Saturdays 8 a.m.

*Followed by mat Pilates at 9 a.m.

Kahle Community Center

Tuesdays & Thursdays -- 9 a.m.

“Change the way you think to change your life and change your body.”

Patricia Moreno, IntenSati creator

Combines:

- * Aerobics
- * martial arts
- * endurance principles
- * positive affirmations

Look for classes on the beach this summer!

**8-class punch cards available.
Contact Rhonda for pricing.**



It's Not Just About a Better Body...
It's About a Better Life.