



made with TYPOGRAFIA

I Dawn Paquin (DP FIT) will represent this business (DP FITness Studio) as a Fitness Instructor with the goal of delivering the best possible classes that are always energetic, upbeat, challenging, calorie blasting and for all fitness levels. I promise that you will love the energy and comradery found in my classes. I truly love to put the FUN into fitness and I will strive to make sure you leave my classes happier, healthier and sweatier. I believe your best workouts are when you feel energetic. I promise I will give you just that VIBE. Please, let me challenge you to reach your highest potential. You will NOT regret it.

****in addition to my schedule, I will allow other talented, certified and experienced fitness Instructors to join my studio offering their specialty in group fitness. They will design their own pricing packages with the goal of keeping it affordable with a low drop in fee. My goal is not to force memberships or fancy contracts on anyone but to give you flexibility and freedom to come enjoy the class of your preference that suits your needs.**

Whether you are a beginner or just someone looking to get back into shape we will have the class that's right for YOU!

Why You Should Try a Cycling Class

- Burn 400 to 600 calories per workout
- Low-impact, total body workout
- Tones legs, glutes, and core
- Perfect for every fitness levels from the beginner to the experienced rider
- Builds strength and endurance
- FUN, effective and well-rounded workout

I love to say

“YOUR BIKE! YOUR RIDE! YOUR ABILITY”

LET'S GO!!!!!!