

On Your Mark
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On Your Mark Coaching's Class Scramble Event: The Ultimate Pep Talk

By Shani Silver



We love that you're at your computer right now, totally digging into **R29**, but eventually we all have to get up and get moving. If you've wanted to try a **new fitness routine** but are not sure what will work for you, come to On Your Mark Coaching and Training's **Class Scramble** event happening this Saturday, February 26 from 9 a.m. to 12 p.m. Everyone who attends will get the chance to try a variety **mini classes**, picked from the most popular classes that OYM offers. After you're done, you'll have the opportunity to sign up for a **free week of classes**, to help you narrow down the workout that really gets you going. Make sure you visit OYM's **website** in advance to sign up for the event, and pick the mini classes you'd like to try.

On Your Mark Training and Coaching, 1101 W. Monroe (at South Aberdeen Street); 312-733-9330.