

SWEAT AND DETOX

Today join celebrity trainer, Sima Cohen, as she leads us through a unique "Body Trimming" workout which is designed to blast fat and rev up your metabolism in just 30 minutes! After, Sima will be making delicious Healthy Indulgence recipes from her upcoming book that will speed up your metabolism, help you detoxify and increase your energy!

*****Sima Cohen is a celebrity trainer, nutritionist, life coach and soon to be author of her upcoming book Healthy Indulgence.***



SIMA

X



ATHLETA

When:

Saturday, May 20th @ 9 am

Where:

ATHLETA Fashion Square

14006 Riverside Dr., Sherman Oaks, CA 91423

2nd Level on Macy's Side

What to Bring:

Wear workout clothes and sneakers, bring a yoga mat.

RSVP:

simaxathleta.eventbrite.com
