

THE DIVORCE WORKOUT!

Tyler Merrill, B.S., CPT, president of WellStrong Fitness, Inc. in La Jolla, CA has developed a unique workout program designed specifically to help those in the midst of divorce improve health, relieve stress, and get fit. ***Participants sweat, yell, laugh, and occasionally cry through an emotional 45 minute workout*** - all for the purpose of surviving one of the most stressful events a person can experience.

The WellStrong Fitness Staff



Tyler Merrill, B.S., CPT



Alisha Matthews, MBA, B.S., CPT

When? Thursdays @ 5:30pm

Where? WellStrong Fitness, Inc.

What? Each workout brings together a group of like-minded divorcees to sweat and get fit, more fit than their ex for your day in court! Workouts are \$30.

