

Fall Session 1

Adult Fitness \$65 for 5 Weeks

Mondays

September 13th - October 11th
7:00-8:00

Week 1: Legs/Arms Focus

Week 2: Core Focus

Week 3: Hip-Hop

Week 4: Full Body Focus

Week 4: Yoga

Name _____

Phone Number _____

Email address _____

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Signature:
