



FIT FUNDAMENTALS

\$20

4 WEEK SESSION

**WEDNESDAYS
12-12:45PM**

A follow the leader style whole body movement class that emphasizes improving range of motion, balance and strength. Functional movement for a functional life. This class will utilize calisthenics and body weight for resistance.

REGISTRATION: NOW-NOVEMBER 10

**SESSION: NOVEMBER 20-DECEMBER 18
(NO CLASS NOVEMBER 27)**

SCAN THE QR CODE TO
REGISTER ONLINE!

