

**NEW**

**CLASS**



# TWEEN/TEEN GIRLS FITNESS

**FRIDAYS STARTING MARCH 14th  
4:00pm-5:15pm**

Attention all girls 10 and up.

We are offering an awesome new FREE class that will not only get you in shape, but you'll have fun doing it!

This class is made up of a 1/2 hour of fitness "mix-it-up" (cardio dance, muscle conditioning & core work) followed by a 1/2 hour of water fitness.

No sign-up required.  
Bring a non-member girlfriend free  
to the first class, if you  
email: [waterfitnessstwc@verizon.net](mailto:waterfitnessstwc@verizon.net)

