



CHOOSE FIT

A GREAT OVERALL BODY WORKOUT



Instructor Pat Chuchwar

Benefits:

- Improve Strength and Balance
- Great Aerobic Workout
 - Work Your Core
 - High/Low Intensity
 - All Ages

***Each class member will be assigned their own equipment-gloves, wipes etc. will be available**

10 classes for \$25 or 3-month pass for \$45

First class is free-come check it out!

Mondays & Wednesdays 4:30 pm

Classes will begin on Wednesday, July 1

Come check out the “new” location

Outside on the Endeavor Patio

Contact Information:

Susan Bridger CCE Director

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