



Ms. LISA'S
DANCE

ADULT WORKOUT CLASSES
STARTING IN JANUARY

RESTORE YOUR CORE

STRETCH & WORKOUT CLASS

TUES. 6:15-7:00



\$10
per class

Taught By
Josh Fisher

Sip & Stretch

Ladies bring a bottle of wine and
enjoy 45 minutes of relaxing
and stretching.



Mon. 6:45-7:30



Taught By Michaela Karpinski