

TEEN ONLY CLASS

6-WEEK SESSION JUST FOR YOU



TEEN CLASS

Your teen will get to do the workout you enjoy while strengthening muscles, learning body awareness, gaining self-confidence and increasing core strength!

**Session starts July 6th.
Tues/Thurs at 10:45 am.
\$144 for the 6 week session.**

**Reserve her spot at the
front desk today!**

(Valid for ages 13-17 only)



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