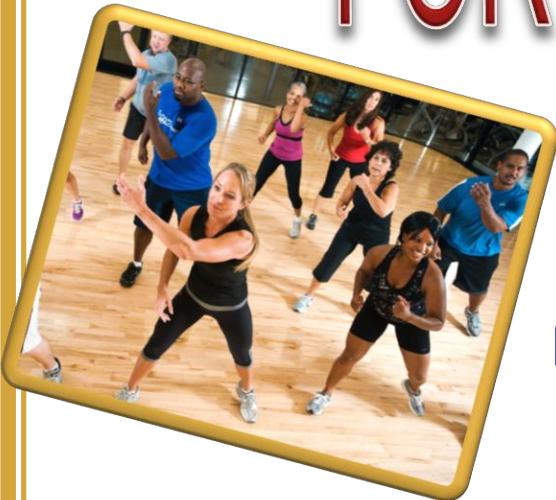


# FREE FITNESS CLASSES FOR SCS STAFF



Hosted by  
Denise Berry  
Fitness Trainer



**When:** Starting February 5th

**Where:** Monday's & Wednesday's at MSCEA Building 126 Flicker St.

**Time:** 4:30 pm - 5:30 pm

**How Long:** 16 FREE WEEKS

**What to Bring:**

- Barbells (1 set each - 5lbs and 10lbs)
- One Medium Resistance Band
- Yoga Mat



Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information. [www.scsk12.org](http://www.scsk12.org)

