

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



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