

# FREE FITNESS CLASSES FOR SCS STAFF



**Hosted by  
Fitness Trainer**



**When: Starting February 5th**

**Where:**

- Sea Isle MW 3:45pm-4:45pm
- Southwind High T/Th 3pm-4pm
- Riverview W/Th 4:30pm-5:30pm
- Kirby High T/Th 2:30pm-3:30pm
- Highland Oaks Elem T/Th 4pm-5pm



**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)

