

3 Week Program 12/4 to 12/21

Wednesdays 4:30p-5:30p

Saturdays 12p-1p

Welcoming the community and families of individuals with special needs to work towards maintaining a healthy lifestyle through fitness, movement, social interactions, and fun!

\$10 per group training
Cash or check paid
directly to Anna Hall

Anna's
**BARRIER
FREE
BOOTCAMP**
all abilities, always welcome