

FREE FITNESS CLASSES FOR SCS STAFF



Hosted by
Denise Berry
Fitness Trainer



When: Starting April 9th

Where: Monday's & Wednesday's at BOE Fitness Center

Time: 4:30 pm - 5:30 pm

How Long: 8 FREE WEEKS

What to Bring:

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



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