

Fitness in the Park **at Shelby Farms**



The Coordinated School Health and HR teams are partnering to help SCS employees stay active and healthy this fall. Sign up for FREE group fitness classes, all safely social distanced in the open air of beautiful Shelby Farms.

- **Variety of classes, including yoga, bootcamp, zumba & more**
- **Led by trained fitness instructors**
- **Classes designed for all fitness levels**

EVERY TUESDAY & THURSDAY, SEPTEMBER 22 - OCTOBER 29



Spaces are limited. Sign up at
bit.ly/scsfitness