



# CROSSROADS SCHOOL INC.

Fall After School Enrichment Class

**FRIDAY**



## WACKY WORKOUT



**2:15 PM-3:15 PM**

**Cost: \$350** (supply fee included)

**10 (Friday) SESSIONS:**  
October 12, 19, 26  
November 2, 9, 16, 30  
December 7, 14, 21



**Taught by Ms. Azmae**



**Circuit Training, Speed and Agility,  
Balance and Strength**

This enrichment class is full of movement,  
nutrition and health talk and a great opportunity  
to move your body and  
build life-long healthy skills.

