



F.i.T

FITNESS
CLASS

FUN INTERVAL TRAINING

GET UP & GET MOVING... WITH
COACH CASS

Monday

May 6, 13 & 20, 2019

TIME: 3:00-4:30PM

Friday

May 10 & 17, 2019

TIME: 2:30-4:00PM

Parents and Teachers come out and have some fun working out.
Why pay for a work out when you can join Susan B Anthony/ I.S. 238Q
Fitness workout.

5 sessions for FREE yes i said for FREE!!!!