

Step- Aerobics, Circuit Training & Ab Workout

Tuesdays & Thursdays
FIRST CHRISTIAN CHURCH

1141 W. Beech St.

6:45-7:45 p.m.

\$20.00 Per month


or \$4 per class

Come for a
high energy
workout!!!

*Weights, Resistance Bands
& Mats are provided.



Make Checks
Payable to:
Friends of the
Parks, Inc

 ALLIANCE PARKS
& RECREATION 330-823-6159