

# INTRO to GROUP



# ACTIVE<sup>®</sup>

**Monday, September 14<sup>th</sup>**

**7:00-8:00pm**

**Tuesday, September 15<sup>th</sup>**

**11:00am-12:00pm**



Learn how the Group Active class incorporates easy to follow cardio, strength, balance, core and flexibility in only 1 hour!

**You can do it!**

Sign up for all Group Active classes at the front desk up to 1 day in advance.

