



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LETS GET FUNKY! THE BEAT GOES ON

You use sticks as a mechanism to keep moving, working your core and your cardio with music and most of all fun. Try this new class and you will keep coming back.

Starting March 15th
Tuesdays and Thursday
12:30pm to 1:30pm
With Sylvia

