



Fitness Training

Dates / Time:

8 sessions on Tuesdays and Thursdays:
Jan 23, 25, 30 Feb 1, 6, 8, 13, 15
6:30-7:30 p.m. each session

Coordinator:

Organized by Leola Schultz, HS teacher

Location:

Weight room or room 701
Enter through door L

Cost:

\$10 for all 8 times OR
\$3.00 per person per session

No childcare is provided

Beachbody workouts/Kettlebells/Free weights

Are you ready to get into shape?
This class can teach you basic aerobics to a weight lifting routine sure to shape and tone those stubborn areas.

As a BeachBody coach I have access to all of the BeachBody programs, including T25, 21-Day Fix, Hammer & Chisel, and Autumn's new 80-Day Obsession.

A Kettlebell routine will also be available as well as free weights.

Come every week, or come when you can. pay each week you attend, or save \$14 when you pay once at the beginning,

Return the bottom to register — Keep the top for your reminder

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**** Registering just means you are interested in attending and will come as often as you can. We would like you to register so we will have your contact information in case things change due to weather. \$3 per session or save \$14 by paying \$10 for all.**

Name	
Home or Cell Phone	
Email	

Mail to: Pillager School, Attn: Com.Ed

323 East 2nd St S. Pillager 56473