

Eastman Immigrant Services invites you to

Get Active!

Free Fitness Program for Women and Teens



**Wednesdays,
7:15 pm to 8:15 pm
at Woodlawn School Gym
Steinbach
Feb 1, 8, 15, 22, 29
March 7, 14
April 4, 11, 18, 25**

Enjoy working out with a group of women and a fantastic trainer.

Classes include Latino, hip hop and line dance fitness, body pump, circuit training, aero kickboxing, pelvic floor training and more!!

Free registration.

Register now!

Zoe 371-1509

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