



BE TRANSFORMED!

Cardio/Strength Fitness

January 7-March 18

10 Week Session (No Class January 18)

Mondays & Fridays 8:30-10am

at Foothills Church

2380 Merrychase Drive, Cameron Park

All Fitness Levels Welcome!

\$125 for 2 days/week

\$67.50 for 1 day/week

**REGISTER ONLINE //
BODYANDSOUL.ORG**

Questions? Contact Karen Tucker

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