



BE TRANSFORMED!

Cardio/Strength Fitness

April 1st-May 20th

6 Week Session (No classes on 4/19, 4/22, & 5/3)

Mondays & Fridays 8:30-10am

at Foothills Church

2380 Merrychase Drive, Cameron Park

All Fitness Levels Welcome!

\$75.00 2x/week

\$42.50 1x/week

**REGISTER ONLINE //
BODYANDSOUL.ORG**

Questions? Contact Karen Tucker

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