

STEP AEROBICS

**THURSDAY NIGHTS AT
6:00**

**TAUGHT BY
JOLIE TALLANT
AFAA CERTIFIED**

**RSVP TO TIMCALEB@WINDSTREAM.NET TO
GUARANTEE A STEP...CLASS IS FIRST COME FIRST
SERVE DUE TO LIMITED AMOUNT OF STEPS.**



**COME JOIN ME FOR A FUN WORKOUT
NO MATTER WHAT FITNESS LEVEL
YOU ARE!
***PLEASE BRING A MAT TO
CLASS!*****