

# Charla's Fitness Classes!



**Cardio & Strength**

Mondays and  
Wednesdays

9:00 AM

Basic Training Days:  
Aug. 6 and 20, 2018



LOW IMPACT  
**Get Up & Move**  
Tuesdays and  
Thursdays

9:00 AM

Beginner Basic  
Training Days:

Aug. 9 and 23, 2018