



PANTHER FITNESS EMPOWERMENT CLUB

WHAT YOU GET

- Fun group classes focusing on fitness.
- All activities will be created to accommodate different levels of ability.
- Exercises will range from yoga, core training, upper & lower body strengthening, agility, games etc.

5th - 8th Grade Students
\$120 for 6 sessions

**STEP
OUTSIDE
YOUR
COMFORT
ZONE!**

**Sept. 9th. 16th,
23rd, & 30th
Oct. 21st & 28th**

**FRIDAYS
3:15 PM-4:15 PM
LIFE CENTER GYM**

**New & former participants
are welcome.**

**CONTACT MR. MIANO TO SIGN-UP
NMIANO@LCCDAYSCHOOL.COM**