

GROUP FITNESS WITH KATIE

RUTH HALL

OCT 8 5:30PM FREE!

OCT 15 5:30PM FREE!

OCT 22 5:30PM \$10

OCT 29* 5:30PM \$10

WEAR YOUR BEST HALLOWEEN COSTUME

50 MIN BODY WEIGHT WORKOUTS
EMPHASIZING
STRENGTH & MOBILITY

WEAR GYM CLOTHES AND
SNEAKERS

ALL LEVELS WELCOME
(18 yrs + only please)

VENMO: @KATHERINETRIEDEL

