

GROUP FITNESS WITH KATIE



RUTH HALL

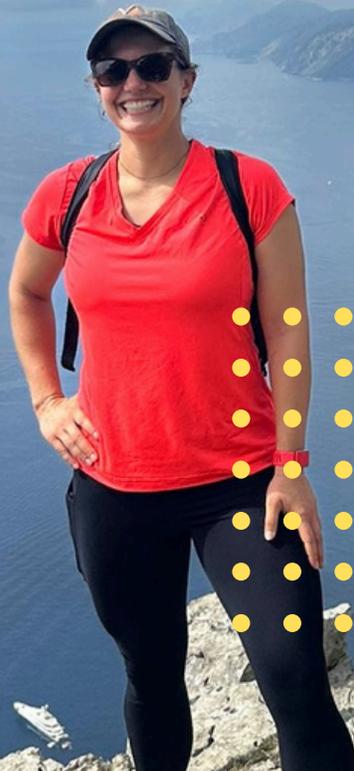
OCT 8 5:30PM FREE!

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

