

Get in the groove with... “Girls On the Move!”



*“Girls on the Move is a fun fitness class designed just for middle school girls. Classes are taught by Azusa Pacific University student instructors and focus on energizing workouts, healthy nutrition tips, and fun Hip-Hop dance!
(No experience required)”*

Days: *Tuesdays & Thursdays**

Time: *2:45pm-3:45pm**

Location: *Center Middle School
Gym*

Cost: *FREE!*

Classes Begin:
Tues., January 13th
Classes End:
Thurs., April 16th

Register with Mrs. Carlson or Mrs. Penrod

**Dates and times subject to change.

DISCLAIMER: This is not an AUSD sponsored activity.
This material has not been prepared at district expense