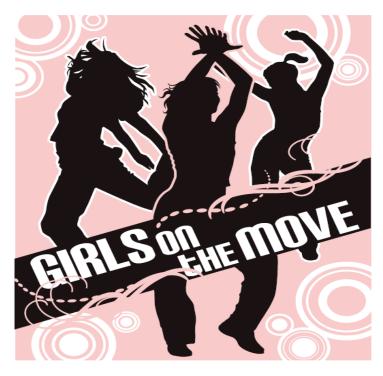
## Get in the groove with... "Girls On the Move!"



"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