

LAUREL PUBLIC SCHOOLS COMMUNITY EDUCATION PRESENTS...



POWER BODY FIT CLASS

This fitness class is a baseline cardio, which will raise your heart rate to burn calories. All the while, fueling your body using bodyweight circuit exercises to burn fat and build muscle at the same time. *All ages and fitness skills welcome.*

This class is in session:

MONDAY EVENINGS

January 7th through February 11th

5:30 pm – 6:30 pm

**Laurel Administration Building
410 Colorado Avenue- Room #210**

Instructor: Kim Schwindt

Cost: \$25 for session

Printable Registration Form online at www.laurel.k12.mt.us > Community
(Registration forms can also be found at the Administration Office.)

Sign Up Today!

Please bring your registration form to: Administration Office-410 Colorado Avenue.
Make Checks Payable to: LPS Community Ed

For additional information, please call 406-628-3347.