



Mother's Day WERQ!

(mother-child fitness class)

A 60 minute, pre-choreographed, high intensity dance-cardio workout designed to challenge participants physically.

You will WERQ hard and sweat hard!

No experience? No problem! (Ages 8 to adult)

Space is limited, sign up at front desk!

Sunday May 14, 2017

10:00-11:00am

\$10.00 Adult / \$5.00 per child

