

Girls Get Fit

Mission and Goal: To make healthy choices and get fit while having fun.

Where: MTA Room 9

When: Mondays and Wednesdays 3:10-4:00

Who: All ladies (students 5th through 12th grade and all adults wanting to participate.)

How: Running, jogging, walking, stretching, strengthening exercises, aerobics, yoga, Pilates, dancing, video tapes and more.

Girls it doesn't matter if you have ever worked out before because we will learn and grow together!