



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**New Class**  
in December!

# STEP & STRENGTH

**Thursday Mornings at 8:00 – 8:45 am**

This is a hybrid class which incorporates traditional step choreography alternating with strength moves using dumbbells or body weight.

**First class is on  
Thursday, December 11  
at 8:00 am in Studio A.**

