

Spring into Fitness!

April 4 -
May 23

A FREE 8-week
health and fitness
program designed
for ALL levels!

This 8 week program will include various ways to get involved. Come to all of the events or just come to what fits your schedule. Please request to join our Facebook Group to stay motivated and keep current on all events. There is no minimum or maximum level of involvement!

JOIN the group here:

facebook.com/groups/SpringIntoFitnessProgram/

Tuesdays &
Thursdays
MALL WALKS
8:30 am

Party Time!

Healthy Potlucks

Sat. April 30 & Sat. May 21

Weekly Fitness Class

- Mondays at 7:00 pm (first class session April 4)
- Held at Strongsville UCC
- Classes will vary and will be 30 - 50 minutes in length.
- Beginner to Intermediate levels
- Try out a different Beachbody workout each week!

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Brought to you by Kelly Bickley, Team Beachbody Coach
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