

GO GIRLS!

Go Girls introduces girls ages 8–17 to a variety of workouts and teaches the importance of nutrition and a healthy lifestyle.

SIGN UP NOW

WHEN

Feb 8th – Mar 31st

Mondays & Wednesdays

3:30 pm – 4:30 pm

COST

\$140/child

Additional Sisters \$60

Single day per week \$70



Taught by
Fitness Instructor
Debby Stimmler-
Coupland