

# **KICK-OFF OUR WORKOUT CLASS**



Use the QR code above to register.

Instructor Erika Malone



- **LOW IMPACT**
- **FULL BODY**
- **HIGH-ENERGY**



Wednesdays

1<sup>st</sup> floor Rm 108

5 pm

Starting June 11<sup>th</sup> - Aug 6<sup>th</sup>

Bring your workout shoes,  
water bottle, and towel.

Be sure to sign your waiver before class

Contact [hr\\_benefits@slps.org](mailto:hr_benefits@slps.org) for questions