

Women's Club Movin' in March



Tuesday Nights in March

March 6

March 13

March 20

March 27



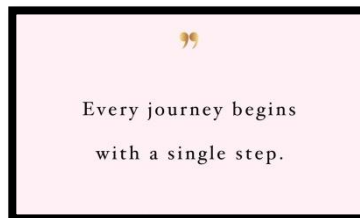
School Gymnasium

7:00 – 8:00 p.m.

The Women's Club is sponsoring a fitness program during the month of March with a variety of different types of exercises and activities. Women in the parish, and friends, are invited to come to any or all nights. Each night will be led by our own BSS physical education teacher, Janice Davis.

Workouts will be for all ages and levels of fitness.

Each night a 30-minute workout will be followed by a fun physical activity.



Please bring
a water bottle.
an exercise mat, if you have one.
small hand weights, if you have them.