

HAR SHALOM WINTER SISTERHOOD FITNESS CLASS

Feel invigorated in your mind, body and soul with an energizing workout with our wonderful instructor, Janet Wolfsheimer. You will exercise to popular music with an emphasis on aerobics, conditioning, balance, and toning.

So, bring a towel or a mat and have fun getting fit with your Sisterhood friends. Classes start on Tuesday Jan 12th at 6:30 PM and/or Thursday Jan 14th at 9:30 AM.

Try us out...The first week is Free!!

The cost is \$70 for once/week 8 week session.

Questions? Call: 301-299-7087 ext 410 or email : sisterhood@harshalom.org



I, _____ am interested in the exercise classes on

Tuesday and/or Thursday

Phone # _____ Email _____

Enclosed is \$_____. Make check payable to Sisterhood Har Shalom.
Please write "Sisterhood Fitness Class" on the envelope.