



GPP for **KIDS 10-14** **November 27 – March 14**

Tuesdays 4:30-5:15 pm ~ Studio 1
Thursdays 4:30-5:15 pm ~ GPP room
Wayland ~Longfellow



GPP – general physical preparedness that conditions your body with cardio, agility, strength, flexibility & more at any age.

FREE to members ~ \$15 a class non-member

Non-members: Please register @ Front desk at Longfellow
For More info Contact

Teresa @ tnewton-moineau@longfellowhealthclubs.com

****NO classes December 24 – January 7 & February 18-24****