



We build strong kids,  
strong families,  
strong communities.

# Glutes & Guts

A combination of exercises to tone & strengthen the muscles of the lower body, abs & low back

**SIGN UP IN AT THE WELLNESS DESK!!**

Taught by **Emily Kaatz**  
*certified personal trainer*

**\*2 FREE Classes\***

**Monday, April 5, 7:00-8:00p**

**&**

**Wednesday, April 7, 5:00-6:00p**

**In the MPR**