

FITNESS WITH JOANNE, LLC
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KATHI'S D & G

Strength, Cardio & Conditioning Classes

MONDAY Stability Ball

WEDNESDAY Cardio & Strength

FRIDAY Interval Training

Classes are from 10 am to 11 am
\$25.00 a month
\$6.00 a class

Need more info?
Contact JoAnne
542-0084

Facebook: Fitness with JoAnne