

FTC Fitness Friday's



Maria from Forsa Fitness will be joining us to host a Strength Training and Stretching Class.

**Friday December 15, 2017
St. Linus Cardiff Center
10400 S Lawler, Oak Lawn, IL 60453**

Doors Open at 6:30pm

Workout 7:00-8:00pm

\$10 a person

Designed for all fitness levels

Please bring a mat and water. This event is for adults only

Name: _____

of tickets: _____

Please send cash or check payable to St Linus FTC or order online at <https://www.eventbrite.com/e/ftc-fitness-fridays-tickets-38132501338> (CC processing fee will be charged)

