



FITNESS 20/20/20

Fall II 2026 11/4 thru 12/16

Monday & Wednesday

5:30 - 6:30 pm

Pankow Room 505

24066 Pankow, Clinton Twp

This 20/20/20 class is designed to give you RESULTS!! A total body workout. 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and core work. Please bring a mat and free weights to class.

Cost

\$96 2X/Week

\$48 1X/Week



586-783-6330

www.lc-ps.ce.eleyo.com