L'Anse Creuse PUBLIC SCHOOLS
COMMUNITY EDUCATION



FITNESS 20/20/20

Winter 2027 1/4 thru 2/24

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

$112 M & W
$48 Mon only
$64 Wed only



586-783-6330

www.lc-ps.ce.eleyo.com