



# Get Moving!

## A well rounded fitness class

Improve your quality of life. Understand the importance of a healthy lifestyle and how it affects you physically, mentally and socially. Experience different exercise from aerobics to yoga, develop a workout routine and try nourishing snacks. Bring it all together to create a wholesome way of living.



Come join other high school students, as you develop a workout routine of stretching, aerobics, fitness training and yoga. Finish off a rewarding workout with healthy and nutritious snacks that you can make at home.

Wednesday & Thursdays

July 11 - August 23

1:00 - 2:30 PM

Mt. Scott Community Center, 5530 SE 72

Cost: \$10.00 Course Number 248289

Please Call Mt. Scott CC to Register at 503-823-3183

Co-sponsored with the Karen Gaffney Foundation

