

OUTSIDE FITNESS CLASSES AT EGYPT PARK!

Tuesdays, October 6 and 20
6:30-7:30pm, \$5



This class uses no equipment with no choreography. We will use our body weight for various cardio and strengthening exercises for a total body workout.

Modifications will be shown, so all fitness levels are welcome!

Text Michelle with questions: 484-661-6662
or Follow "Pop-up with Michelle" on fb.

*If it rains, we'll be inside the pavilion.