

New for Fall 2019!

FREE barre3

classes for **ACPS** staff

Mondays: Oct. 14, 21, 28; Nov. 4, 11 and 18.

4:00–5:00 p.m. Ferdinand T. Day Elementary Gym (Lower Level)

Tuesdays: Oct. 15, 22 and 29; Nov. 5, 12 and 19.

4:30–5:30 p.m. George Washington Middle, Small Gym

Thursdays: Oct. 17, 24 and 31; Nov 7, 14 and 21.

4:00–5:00 p.m. Minnie Howard Dance Room

Bring a water bottle and a yoga mat, if possible.

Learn more about the workout at **barre3.com**.

brought to you by:

ACPS
Finding Fit

