

NEVER MISS YOUR CHANCE TO DANCE, WHILE MAKING A DIFFERENCE IN THE WORLD!

WITH CERTIFIED FITNESS INSTRUCTOR NINON LE POPE

MON. JULY 11 ~ FRI. JULY 15, 2016

Call to reserve your spot
(310) 548-0625



JOIN US FOR ANY, OR ALL, OF THE BELOW GROUPS OF CLASS TIMES
DURING THIS WEEK LONG FUNDRAISER
100% OF THE PROCEEDS GO TO WATER WITH BLESSINGS

SUGGESTED MINIMUM DONATION **\$10.00** PER WORKOUT
CASH / CHECK ONLY; CHECKS CAN BE PAYABLE TO: LITTLE SISTERS OF THE POOR



MONDAY, JULY 11 & WEDNESDAY, JULY 13*

8:15A.M. – 8:45A.M. ZUMBA

8:45A.M. – 9:30A.M. PILATES/YOGA

TUESDAY, JULY 12 & THURSDAY, JULY 14*

8:15A.M. – 8:45A.M. LATINVA

8:45A.M. – 9:30A.M. THERAPEUTIC PILATES

FRIDAY, JULY 15*

8:15A.M. – 8:45A.M. LINE DANCING

8:45A.M. – 9:30A.M. TAI QI/ YOGA

***ATTENDEES PLEASE BRING YOUR OWN YOGA MAT!**

LOCATION: LITTLE SISTERS OF THE POOR AUDITORIUM
2100 S. WESTERN AVE.
SAN PEDRO, CA 90732

