



## **CARDIO & STRENGTH TRAINING CLASSES**

at First Lutheran Church, Huntingtown  
(Southbound Rt. 4 at Junction of Rts. 2 & 4)

Brand New Session Starts April 8, 2010!



Mondays/Thursdays 6-7pm  
Tuesdays/Thursdays 9:15-10:15am  
*Babysitting available for morning class.*

### Cost (12-week session)

1x week \$47

2x week \$84

10% Age Discount (-16/+60)

*Bring a friend who is new to Body & Soul and both of you may come at half price this session!*

Contact Shawn Maassel at 410-257-3030 or [smaassel@flc-lcms.org](mailto:smaassel@flc-lcms.org) for more information.