



**Cardio & Strength Training Classes**  
at First Lutheran Church, Huntingtown  
(Southbound Rt. 4 at Junction of Rts. 2 & 4)

**Brand New Session Starts January 4 & 5**

**Mondays/Thursdays 6-7pm**  
**Tuesdays/Thursdays 9:15-10:15am**  
*Babysitting available – please call ahead.*

**Cost (12-week session)**

**1x week \$47**

**2x week \$84**

**10% Age Discount (-16/+60)**

*See Shawn for more available discounts or scholarships.*

**Contact Shawn Maassel at 410-257-3030  
for more information.**