

VIRDEN FALL CLASSES



BODYWEIGHT BOOTCAMP

WEDNESDAY 6:30 PM

OCT 14 – DEC 2 (8 WEEKS)

VIRTUAL ZOOM

\$64 *REGULAR: \$74*



EQUIPMENT NEEDED: SHOES & MAT



BARRE above®

MONDAY & FRIDAY 6:00 AM

OCT 19 – NOV 27 (6 WEEKS)

VIRTUAL ZOOM

*EQUIPMENT NEEDED: 2 DISC SLIDERS,
PILATES BALL, CHAIR FOR BALANCE & MAT*

\$109 *REGULAR: \$124*

**To register contact: pwr@mymts.net
www.prairiewestrecreation.com
1.204.748.2542**

**Questions about classes: smalltowngirlfitness@hotmail.com
or text Krystal 1.204.851.5734**