

# Fox C-6 Community Outreach presents

## Fitness NOW

Start your New Year off in a healthy direction!

Weight Training

**Fox C-6 Community Presents**

**Get Healthy Stay Healthy**

**Join a great Community!**

**Train With Us!**

Cardio Kickboxing

BOOTCAMP

**WHAT WE OFFER**

- Bootcamp/HIIT classes
- Weight Training
- Cardio Kickboxing
- Kettlebell AMPD

Classes held at Antonio Middle School

**CONTACT US**

314.704.1882

We want to CONNECT with you!

### Fitness NOW

Who: anyone 18 yrs. or older (13 yrs. or older with parent permission)

Where: Antonia Middle School located at 6798 St. Luke's Church Road, Barnhart, MO 63012

When: January 8-February 14, twice a week on Tuesdays & Thursdays

Time: 5:15 pm-6:15 pm

Cost: \$100 per participant for all 12 classes

**Register NOW**  
**at the link**  
**below!**

<https://fox.revtrak.net/community-outreach/#/list>