



**Come join us for a resistance band/aerobic dance workout starting Friday, Oct 18, 2019 at 7:00AM at the East Aurora Boys & Girls Club on Paine St. in East Aurora. The cost is \$5/class and ALL proceeds go to the Club. We will be in the back gym every Friday until the Club closes for the summer.**

**The class format will be approximately 20 mins of resistance bands (strength training), 30 mins of aerobic dance routines and 10 mins of abs/cool down. Please bring a mat and water, I will provide a minimum level band but feel free to bring your own if you want more.**

**Any questions, call Michele at 435-4925 or email [mhvenezia@roadrunner.com](mailto:mhvenezia@roadrunner.com). Look forward to seeing you there !**