

HIP HOP

101

with
NOELLE MONCIBIAZ



Come join us for this fun, high energy class with upbeat, family friendly music to enhance expression, attitude & individual style! The classes begin with a thorough warm up then on to coordination exercises, body control, strengthening, stretching, & proper technique

BEGINNING AUGUST 3
EVERY SATURDAY | 1:00-1:45 PM
6 PACK CLASSES | \$90
DROP IN RATE | \$20/CLASS

MAX 12 PER CLASS

TO REGISTER:
YOUTHCENTER@CRAIGRANCHFITNESS.COM | 214.383.1030
CRAIGRANCHFITNESS.COM
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