

Lori Jandreau's **FITNESS CLASS**

**TUESDAYS &
THURSDAYS**
5:30 - 6:30 p.m.

**Fort Decatur
Recreation Center**
Beginners are welcome!



**Get your heart pumping with some great cardio
and awesome strengthening moves.**

Bring a towel, water, and mats (if you'd like). Wear comfortable or athletic clothing.

Instructor: Lori Jandreau • Fee: \$20 per month

Call (256) 341-4940



DECATUR PARKS & RECREATION

WWW.DECATURPARKS.COM