

Rise & Shine

EARLY MORNING WORKOUT

Monday & Wednesday

at the Kent Commons – 525 4th Ave North

6:30 a.m. – 7:30 a.m.

20 minutes of step aerobics, followed by 40 minutes of body conditioning, using weights, balls, and bands to add variety!

Classes held month-to-month or
drop-in \$5 per class

Instructor: Fern Barrick

For more information please call the Kent Commons
at (253) 856-5000

[More information on back of flyer](#)



Course Information:

Monday & Wednesday – 6:30am – 7:30am

#63702	September 11 – 27	\$28 month
#63703	October 2 - 30	\$28 month (No class 10/11, 10/16)
#63704	November 6 – 27	\$28 month (No class 11/23, 11/30)
#63705	December 4 – 27	\$24 month (No class 12/13)

Drop-ins welcome at \$5 per class

Class held at the Kent Commons – Green River Room