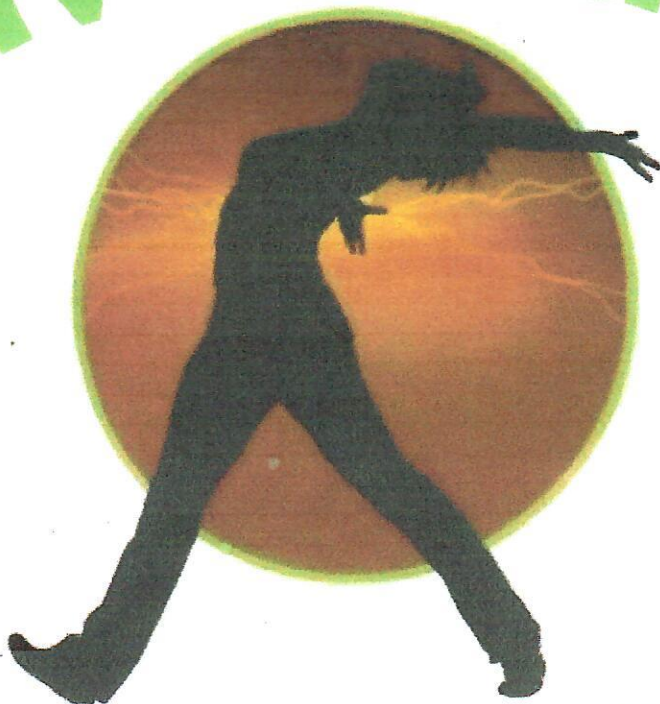


Grüve with Me



Dance Fitness Class Ages 14 & over

Keep your body, mind, and spirit movin' and gruvin' with this group fitness training.

Easy to follow choreography for all ages with aerobics, strength training and stretching.

Register with Luanna at:

GruveHealthy@gmail.com or
763-438-9365 with a call or
text.

Finlayson Giese Community ~~Center~~ Center
2195 Finland Av Finlayson
gruvehealthy@gmail.com 763-438-9365

Monday and Thursday at 5:00pm ~~Sat~~ Sat 9:00
FEE: \$40/month