

KICKIN' IT with TAN



My mission is to inspire and motivate you to meet your fitness goals while having fun!!!

Instructor:
Tania M Fletcher (Tan)

WHEN:

Monday Evening from 7pm –8pm
Saturday Morning from 9:30am-10:30am

WHERE:

La Vergne Civic Auditorium
283 Old Nashville Highway
La Vergne, TN 37086

Cost: \$5 per class! Cash or Checks

(See postings at the Civic Center or call for class changes due to weather, holidays or emergencies)

IF you are looking for a fun, energetic full body workout- this class is definitely for you!

This class is open to all Fitness Levels. Children 12-17 must be accompanied by an adult



Bring water, a towel, a mat, and some great energy – Be ready to get your workout on!!

Please arrive 5-10 minutes early for your first session to complete a waiver form.

Contact La Vergne Parks and Recreation @ 793-3224 with general questions or Tania_fletcher@dell.com 615-243-3599 or visit www.lavergne.org for class information

Tania has over 19 years of Group Fitness experience and is CPR Certified.

Classes brought to you by Tan in Partnership with La Vergne Parks and Recreation