

ARE YOU READY FOR SOME KICKBOXING????

Please join in on a fun, energetic full body workout with Tan Fletcher as your Cardio Kickboxing instructor

WHEN: Every Monday Evening from 7pm –8pm

Every Saturday Morning from 9:30am-10:30am

First class begins on Monday November 9th @ 7pm

(Please see postings at the Civic Center or call for class changes due to weather or emergencies)

WHERE: La Vergne Civic Center
283 Old Nashville Highway
La Vergne, TN 37086

Cost: \$5 per class! Cash or checks accepted. Please make checks payable to:
Tania Fletcher



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 in order to complete a waiver form.

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

Contact La Vergne Parks and Recreation @ 793-3224 with general questions or email Tania_fletcher@dell.com

You can also visit www.lavergne.org for class information

Tania has over 16 years of Group Fitness experience and has taught for various local gyms. She is certified in group fitness and CPR.

