

Attention: OLP Ladies

Looking for a great way to get into a regular exercise routine? Have we got a deal for you! The OLP Ladies' exercise group has been meeting regularly for months now.....and we would like for you to join us.

Who: Adult women of OLP, any age, any fitness level

What: Ongoing Boot Camp

When: Monday, Wednesday and Friday mornings @ 5:00

Where: Presentation—the north parking lot (in gym if raining)

Cost: Just a smile and can-do attitude

We gather at 5:00 am to warm-up then begin our 30 minute routine at 5:15. Please bring a yoga mat, some weights and a water bottle. What better way to start your day than to gather with your lady friends (old and new). The benefits are amazing!

For more information, contact:

DeeDee Naumann dnaumann@serctherapy.com 816-914-5865 or

Kathy Gutteridge kathygutteridge@gmail.com 816-714-9082