



Intro to Fall Fitness

Saturday, October 27 | 9:00-11:00 am at NEBC

Sign Up Deadline: October 25

Are you eager to get your body moving, but need a kick start? Join us for an hour of fun and fitness followed by fellowship and healthy snacks!

- Our own Lourdes Oramas (certified instructor) and her daughter Bianca will lead a class featuring 20 minutes of cardio fitness, 20 minutes of strength training and 20 minutes of gentle stretching.
- Open to all women and girls age 10 and up.
- No experience necessary! Women of all fitness levels are welcome!
- Come dressed in comfortable clothes and sneakers. Optional: bring a yoga mat or beach towel for floor stretching. Stretching can also be done seated in a chair.
- Participants will be asked to sign a waiver before class begins.
- This event is **FREE!** Sign up by October 25 at [nebible.org/calendar](https://www.nebible.org/calendar) or contact **Betsy Rayner:** 508-423-4874 or jlbcrayner@gmail.com