



Heather Boucher cPT



Cardio Box & Sculpt



Join Instructor: Heather Boucher

When: Starts February 21st, Wednesdays @ 5:30-6:30pm

Where: Antrim Town Gym (Elementary School)

Cost: 6 week class \$48.00 **Bring:** Water & Exercise Mat

Drop-ins \$10 per class • All Fitness Levels Welcome!

Group Fitness • In-home Personal Training • Lifestyle Coaching
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