

REFIT® in the PARK

Kelly Lane Park



When: Saturday, May 13th, June 10th, August 12th

9:00-10:00 AM by the Pavilion

What is REFIT®?

REFIT® is a life-changing cardio dance group fitness experience that rocks, your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out. Powered by human connections, we turn boring, have-to workouts into a can't-miss community fitness experience!

Come check it out!

Class is FREE on MAY 13th or by donation Everyone Welcome!!

Bring water and wear shoes you don't mind getting wet (from the grass).



Instructors:

April Dillahunty & Lisa Milzarek



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