## 1 US $H^{4}$

## FREE ADARTIVE WORKOUTCLUB

Join us for a push workout developed for all ages and abilities. Wheelchairs provided if needed.

SESSION 1 - STRENGTH AND CONDITIONING JULY/9TH-AUGUST 6TH SUNDAYS 3 PM: 4 PM

For more information please email trey.norris@sfilc.com

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\begin{aligned}
& 6300 \text { NS SantaFe Ave, okc, } 73118 \\
& (405)-840-1817
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