



Fitness Class

Instructor: Amber Sliva

The class will be a general exercise learn cardio, strength training,
yoga, and high intensity interval training.

Note: Staff can join in but must provide there own mat and weights for the class.

Classes run January 10, 2023 through March 28, 2023

Class schedule:

Registration due December 30, 2022

What days? 2nd & 4th Tuesday of each Month

What time? 5:15 pm-5:45pm

Where? Conference room across the hallway from AIM Office



Strength and Stretch Fitness Class Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: _____ Email: _____

Class fee: \$20

check (payable to AIM)

cash

Return completed forms and payment

to: AIM

PO Box 214

Willmar, MN 56201

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