

NEW P.A.L. CLASS

Fitness

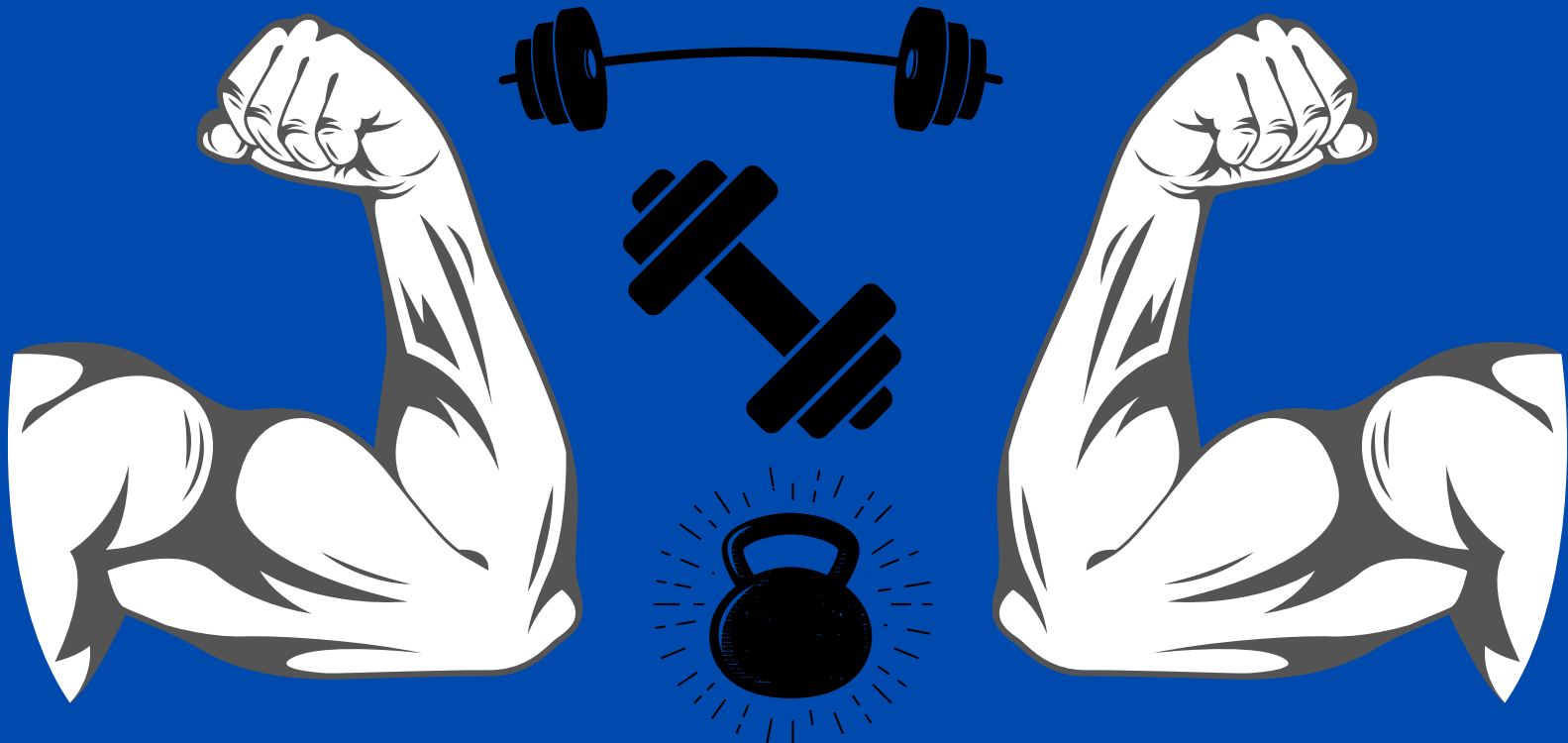
and

Conditioning

Located at:

2498 S Main St, Red Bluff, CA 96080

6:30-7:30 Monday's



Must be enrolled in the P.A.L. program

Must be 12-17 (18 if still in High School)

Please contact Hellen at the email below if you have any questions

Contact at: precisionfitnessbyhellen@gmail.com