

APRIL

BARBELL
POP-UP-CLASS



SUNDAY
APRIL 26TH

COME LIFT WITH LISY! THIS POP-UP BARBELL CLASS WILL CHALLENGE YOU, WHILE BUILDING TOTAL BODY STRENGTH WITH POWERFUL MOVEMENTS. ALL CHOREOGRAPHED TO MOTIVATING MUSIC!

\$5 MEMBER & NON MEMBER

10:15AM-11:15AM

PLEASE REGISTER IN ADVANCE
-LIMITED SPOTS AVAILABLE-

BETHLEHEM TOWNSHIP COMMUNITY CENTER
REGISTER: 610-332-1900
WWW.BETHLEHEMTOWNSHIP.ORG/BTCC

