



ST. JOHN'S IS HAVING A FUNDRAISER!

**Fitness Programs in River Vale
for Kids and Adults**

**\$5 of every class* booked
goes back to St. John's**

Kids Classes

- Speed & Agility Monday 4:30PM \$20
- Beginner Lacrosse Thursday 4:00PM \$49*
 - series only: 10/7, 10/14, 10/21, 10/28

Adult Classes

- Glute & Core Monday 5:30PM \$15
- Zumba Tuesday 7:00PM \$20
- EMOM Wednesday 6:30AM \$15
- Boot Camp Wednesday 7:00PM \$20
- Flow Yoga Sunday 10:30AM \$20

Get healthy while giving back.

Fitness with Friends is a River Vale based company focused on helping communities get healthy together.

LEARN MORE AND SIGN UP AT

www.fitnesswithfriends.net or call 914.656.3772

Enter Code: **STJOHNS** at checkout

*\$10 back for Lacrosse clinic



Fitness
with Friends

BEGINNERS LACROSSE CLINIC FUNDRAISER

4 weeks starting 10/07

Thursdays 4-5pm

Mark Lane Turf Field

10/7, 10/14, 10/21, 10/28

\$49

\$10 goes back to



INTRODUCE YOUR CHILD
TO THE POPULAR GAME
OF LACROSSE
PERFECT FOR THE
BEGINNER WHO HAS AN
INTEREST TO LEARN

- ✓ Catching, throwing, cradling, ground ball pick-ups, dodging, shooting, and defensive stick work
- ✓ Building confidence in young players
- ✓ Beginners, boys and girls ages 7-11
- ✓ Equipment: Lacrosse Stick, Water

Learn More and Register:

www.fitnesswithfriends.net/kids-fall-series

Use code: **STJOHNS** at checkout