

SATURDAY  
APRIL

16



# FITNESS JAM

Cost: \$10.00

**SPONSORED BY THE WOS CHEERLEADERS**  
**10am- 12pm**

The WOS cheerleaders are hosting a Fitness Jam on April 16, 2016 in the high school cafeteria. Guest instructor Dr. Alicia Sigee will lead multiple cardiovascular activities including ab workouts and Zumba dancing. The proceeds will benefit the WOS Cheerleader Booster Club. For more information call (409)-670-8049 or (409)-882-5570.

**\*BRING A MAT OR TOWEL! WATER WILL BE PROVIDED!**