



Leg Lift And Twist

## **SMALL CHANGES GROUP PRESENTS**

### **FITNESS AND DANCE CLASS**

**By - Paz M. Milburn  
and Steve Chroschinski**

**Date: Every Friday**

**Time: 10:00 AM to 11.30 PM**

**Location: AiMHi Gymnasium, 950  
Kerry Street.**

**Registration - All Participants are  
welcome to join**

