

Parent Fitness Class & Personal Training



P: 210.227.0170

F: 210.227.0812

www.anybabycansa.org

Our FREE parent fitness class is designed to introduce activities for an active lifestyle that can be incorporated within the family and in the home. Parents have the option to train in a group setting or 1-to-1 with a personal trainer. All fitness levels are welcomed and encouraged. Call now and reserve your spot!

January 14 9am-10am 28 9am-10am	February 11 9am-10am 25 9am-10am	March 11 9am-10am 25 9am-10am
April 15 9am-10am 29 9am-10am	May 13 9am-10am 27 9am-10am	June 10 9am-10am 24 9am-10am
July 8 9am-10am 22 9am-10am	August 5 9am-10am 19 9am-10am	September 9 9am-10am 23 9am-10am
October 7 9am-10am 21 9am-10am	November 4 9am-10am 18 9am-10am	Personal Training Available By Appointment (210)547-3014

WHERE:

Any Baby Can
217 Howard St.
San Antonio, TX 78212

WHEN:

Saturdays
9:00am-10:00am

RSVP:

210.547.3014



Group Exercise Classes
2 Saturdays a month
9am-10am

Personal Training Sessions
Call for Appointment at
210.547.3014