

IGNITE ME !!!!!

Inspirational, motivational, and empowering workout for women and young girls of all ages. This calisthenics based workout will build **self-esteem, self-worth and self-love** through mindful exercise and motivational speech. It is a workout that encourages **personal growth, bravery and confidence**. Light weights and body weight are used for resistance.

Classes may be held at a gym or open facility or in groups of 12 at Kim's Gym, 144 Old Stage Road, Unit C, Salida.

Current Class Times at Kim's Gym

Saturday, December 30th, 2023 - 10:30am

Friday, January 5th, 2024 - 4:30pm

Monday, January 8th, 2024 - 5:30pm

For more information.....

Call Kim at 719 429 5983 or

Email: Kimsgym@yahoo.com

Classes are \$10each and FREE to Kim's Gym members