



City of Lawrence
PARKS AND RECREATION

Turkey **PUMPED** with Mea

Eat too much? Need some stress relief after the holiday? Burn calories and dump stress with this full body workout! Beat driven movement and fun music help keep you engaged. All fitness levels welcome. Pre registration required.

Friday, November 26th

9-10 AM

Sports Pavilion Lawrence

\$5/ person

Pre-registration required.

Registration Code: 415001 A

**For more info contact Jo Ellis, Recreation
Program Supervisor, at 785-330-7355.**

