



Cheer Coach Tammy Burchfield along with the Junior High and High School Cheerleaders would like to invite you to participate in a six week long fitness session beginning the week of April 16. Mondays of each week will be Zumba. Tuesdays of each week will be Kickboxing. There will be a total of 12 classes in the session. All classes will be 75 minutes long with 50 minutes of cardio work and 25 minutes of toning and strength training. All you need is the motivation to sign up and show up. An exercise mat or towel is recommended.

ALL REGISTRATION FEES WILL GO TO SUPPORT WMS and WHS SCHOOL CHEER PROGRAMS!!

DETAILS:

Classes on Monday and Tuesday evenings beginning April 16.

Dates of Classes:

April 16, 17, 23, 24, 30

May 1, 7, 8, 14, 15, 21, 22

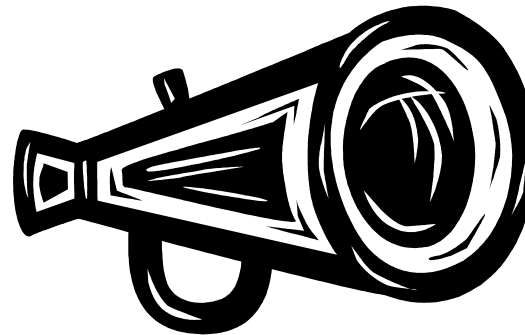
Time: 7:15 - 8:30

Location: Elementary School Gym

Cost: \$75.00 for all 12 classes

\$50.00 for Zumba only

\$50.00 for **Kickboxing only**



THANK YOU FOR SUPPORTING WAYNESVILLE JUNIOR HIGH AND HIGH SCHOOL CHEERLEADING!!

WAYNESVILLE CHEERLEADING

735 Dayton Road
Waynesville, OH 45068

To register for the fitness classes or if you have any questions, please contact:

Tammy Burchfield 513-836-0732
tburchfield@wayne-local.com

WAYNESVILLE CHEERLEADING

Kickboxing and Zumba with Cheer Coach and Fitness Instructor Tammy Burchfield. Come sign up and help support the 2018-19 Waynesville Cheerleading Programs!

Cheerleading Fitness Fundraiser



Session running from Monday 4/16/17 through Tuesday 5/22/17 7:15 - 8:30 pm Elementary School Gym

The Cheer Programs of Waynesville High School and Middle School appreciate your support!