

FTC Fitness Friday's



**Rafal and Chris from Body TransforMMAtion will be joining us
to host a Basic Bootcamp Class.**

**Friday October 20, 2017
St. Linus School Gym
10400 S Lawler, Oak Lawn, IL 60453**

Doors Open at 6:30pm

Workout 7:00-8:00pm

\$10 a person

Designed for all fitness levels

**Please bring a mat and water. This event is for
adults only**

Name: _____

of tickets: _____

Please send cash or check payable to St Linus FTC or order
online at <https://www.eventbrite.com/e/ftc-fitness-fridays-tickets-38045189185> (CC processing fee will be charged)

