

CELEBRATE HEALTH

West Valley School wants you to join our brand new adult fitness class. This class is for all fitness levels and will meet Mondays in the West Valley elementary cafeteria from 4:00pm-5:00pm. Our very own PE/Health teacher and certified fitness instructor, Mrs. Tara Measure, will be leading our classes. This fabulous opportunity for some adult socializing and exercise time is completely **FREE** to attend. A variety of fitness classes will be offered including strength training and cardio exercises using zumba, boxes, weights, etc. The first session is three classes: March 4, 11, 18 and will be open to the first 20 people who sign up. Please register by emailing tmeasure@westvalleyschool.com