



# Fit Fam & Friends



Mon @ 4:00  
Nikki Kaiser



Tues @ 4:30  
Rose Lacey



Wed @ 6:30  
Lisa Gausman



Thurs @ 6:30  
Michelle Wehr

5 WEEKS (NOV. 13 - DEC. 14) - BIS CAFETERIA

BCSC EMPLOYEES - FREE ● FRIENDS/GUESTS - \$5