

# TOTAL BODY RESET

## Next Session:

May 17 - June 23, 2023

Wednesdays: 6:45 - 7:30 a.m.

Fridays: 6:45 - 7:30 a.m.

**Cost - \$99 per participant/6 week session**

Registration is required by calling 302-539-4511 or stopping in at the Fitness Center front desk.

*All Fitness  
Levels Welcome!*

*Lead by Fitness Instructor  
Meghan Jarvie*

