

SKIPPACK STRIDERS

Floor, Core *and* More

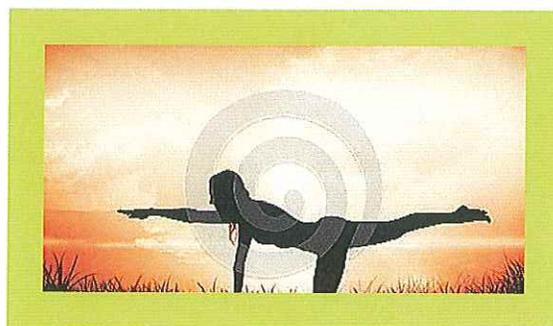
Skippack Township would like to invite everyone out to join us for a free exercise class emphasizing stretching, lengthening & strengthening

Indoor class runs every Tuesday ~ October thru March

Tuesdays 6:30pm

Trinity Church, 2009 Church Rd, Skippack

Class taught by certified trainer: Wendy McLaughlin



Contact Laurie @ 610-287-3124 for more information

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