

JMJ

Home and School Sponsored
"Connecting Crusader Families"

Dear Holy Name Parents and Staff,

We are excited to announce that Holy Name Catholic School will be offering a FREE group fitness class (Crusader Fitness Crew) that is sponsored by Home and School. This class is offered to all Holy Name parents and staff (please no kids). The class will be led by a Holy Name parent, Stacy Sands. Stacy has been teaching group fitness classes for 3 years. She has a love and passion for helping people meet their fitness goals. Stacy is eager to bring Holy Name parents and staff together with her excitement and knowledge of group fitness.

The class will take place in the Holy Name Gymnasium on Tuesdays from 5-6pm. Below is a schedule of the days we have planned. It will take place up until Spring Break. This group is designed for ALL levels of fitness and ability. It is a drop in class. Come when you can. If you plan to attend these workouts please bring clean gym shoes.

We are excited for you all to join us! If you have any questions regarding our new group fitness class, please let us know. We would be happy to help and assist you in anyway we can. It's always a great day to be a Crusader!

Sincerely,

Stacy Sands - Holy Name Parent (906-420-4708)
Michelle Carne - Holy Name Teacher (906-280-6477)

Dates of Class ~ January 16th, January 23rd, January 30th, February 6th, February 13th, February 20th, February 27th, March 5th (Monday), March 13th, March 20th ~