



STRYKO for FANS

Anytime Fitness invites FANS to special edition StryKO! StryKO is a fitness class for all levels that uses boxing to help build muscles and get fit. All of our equipment is provided—come in comfortable clothes and bring water. Each class has a suggested \$1 drop-in fee.

**Classes start at 10:00 am at Anytime Fitness
2119 Elida Road, Lima**

April 4

April 18

May 9

May 23

RSVP to Sarah: stroyer@acbdd.org or 419-221-1385 ext. 1008.
Limited transportation may be available.

