



# 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**

**June 6**

**July 11**

**August 1**

**September 5**

**October 3**

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

