

# Cheri's SUPER WORKOUTS

## Classes

SUPER BEGINNER:  
MON+TH 12-12:30 <sup>PM</sup><sub>EST</sub>

SUPER PLUS:  
12:30-12:50 <sup>PM</sup><sub>EST</sub>

SUPER SATURDAYS:  
FOR ALL LEVELS  
9-9:50 <sup>AM</sup><sub>EST</sub>

## Deets

LIVE ON ZOOM!  
RECORDINGS AVAIL.

% OF PROCEEDS  
GO TO CHARITIES  
THAT HELP PEOPLE  
FIND FITNESS  
DM TO JOIN! ★



## Suggested Donations:

\$5/30 min class or \$20/month  
\$7/45 min class or \$30/month  
All 12 classes: \$45/month