

Cheri's SUPER WORKOUTS

Classes

SUPER BEGINNER:
MON+TH 12-12:30 ^{PM}_{EST}

SUPER PLUS:
12:30-12:50 ^{PM}_{EST}

SUPER SATURDAYS:
FOR ALL LEVELS
9-9:50 ^{AM}_{EST}

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