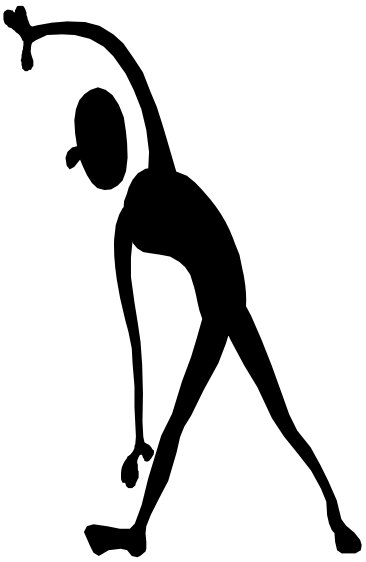
Malcolm X Library Fitness Club

October 6 – November 25 (Monday, Tuesday Thursday)



Orientation: September 8, 6:30 –8:00

- Get your body fit (and a sharp mind) at the public library
- Lose extra pounds and raise funds for Malcolm X Library's Children's Book Fund
- Get the fitness basics you need to get and stay in shape
- 21 one-hour sessions with certified trainer
- Limited to 20 participants
- No back or joint injuries
- 18 years or older
- **$50.00 donation payable before or at Orientation**. Proceeds to support Friends of Malcolm X Library's Children's Book Fund. Call (619) 527-3405 to register
- Malcolm X Library: 5148 Market Street
- *Trainer Leo C. Trippett, Sr., MS, CPT, CFS is a certified trainer and fitness expert with over 30 years of experience.*

This information will be made available in alternative formats upon request

www.sandiegolibrary.org

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