



May
2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 8:30-9:30 am
						8 8:30-9:30 am
2	3	4	5	6	7	15 NO CLASS
						22 8:30-9:30 am
9	10	11	12	13	14	29 NO CLASS
16	17	18	19	20	21	
23	24	25	26	27	28	
30	31					

Freeport, Illinois

We Believe:

- ◆ *The heart is more than a muscle*
- ◆ *A person is more than a body*
- ◆ *Relationships are as important as results*

Classes:

Park Hills Evangelical Free Church
2525 W. Stephenson St. Freeport, IL
(Enter Northwest "Office" Doors)

—(Note: join our fb group "REEFIT Freeport with Beth & Deb" or call or text for updates)

Certified Instructors:

Beth Wichman (815-541-1183)
Deb Honecker (815-618-9339)

Fees:

⇒ \$20/month*

*Attend as many classes as you want for the monthly fee

OR

⇒ \$15 for a 5-class punch card
⇒ Walk-ins \$4/class

—First class is free, so come check it out!
(Fee adjustment possibilities, please ask)