



# Workout

Calling all kids to come

**Dance**

**Laugh**

**Lose weight**

**PLACE: WILLIAMSBURG COUNTY REC**

**TIME: 4:30PM - 5:30PM**

**WHEN: MONDAY- TUESDAY- THURSDAY**

**AGES: 5YRS - 12YRS**

**GO BACK TO SCHOOL WITH A HEALTHIER  
MIND AND HEALTHIER BODY**

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