

# LADIES GOOD MORNING WORKOUT



**Monday, February 6, 2012 from 9:00am – 11:00am**  
**St. Vincent/St. Mary's High School Cosgrove Center**  
**\$25 per person    Limit 20 Women**



A unique ladies only morning workout focused on strength and toning exercise techniques specifically for women. Want to experience what athletes are doing now with kettlebells, bosu balls and body weight training? Come and feel it yourself, then finish up with a protein shake and feel great!

**Host:** Anthony Gary, St. Vincent/St. Mary's High School Strength and Conditioning Coach and Akron Wrestling Club Head Coach.

*100% of your ticket price will go directly to St. Sebastian Parish School and Teachers.*

**Yes! I will attend the Ladies Good Morning Workout!**    **RSVP by February 1, 2012**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (for confirmation purposes): \_\_\_\_\_

How many attending? \_\_\_\_\_    Amt enclosed \$ \_\_\_\_\_

Please make your checks payable to the **St. Sebastian Parish Foundation.**    Check # \_\_\_\_\_

**SORRY, NO CASH ACCEPTED.**

**Deliver to:** St. Sebastian Parish School Social Mailbox or mail to: St. Sebastian Parish School,  
Attn: Socials, 500 Mull Ave, Akron, OH 44320