



NCS: Therapeutic Recreation
Presents:



Tone It Up Tuesday's!

This 5-week virtual fitness program will give participants the chance to engage in a wide array of fitness and movement activities.

So, grab your water bottle and lace up your tennis shoes and let's get fit!

Program Dates:

Nov 17, 24, Dec 1, 8, 15

Program Time:

4:00pm-4:45pm

Register Via Zoom: <https://bit.ly/NCSTIUT>