



GLOW With Mom - Boot Camp

Date: Monday, April 11th (no rain date, sorry!)
Time: 6:30-7:15P.M.
Place: Gandy Residence - 557 Clems Run, Mullica Hill 08062
Cost: FREE!!

Please join Girls on the GLOW for our GLOW With Mom Boot Camp experience! There's no one else on the planet who can make Boot Camp more fun than Coach Jayne Gandy! Her back yard is filled with opportunities to flex some muscles. All abilities are welcome! For the safety of all participants, only GLOW Girls and their mothers will be allowed to participate in this event.

Bring water, a towel, and wear comfortable clothes and sneakers.

Register at our Saturday practices or via email dina@mhwtc.com. Thank you!!