# SHRED Fitness is pleased to host free classes for the Ward Community:

**Thursday, 11/7, 9:30am Saturday, 11/9, 9:30am Tuesday, 11/19, 6:30pm**

# Can’t make any of these times but still want to check us out? Create an account on our site and use code FriendsFamily on a 1-class pack for your first class free!

*SHRED offers 45-minute circuit based classes around the Skier's Edge. This laterally moving cardio machine* strengthens the smaller stabilizer muscles in your hips and legs, making you stronger for every sport out there while preventing injury. The time on the machine is complimented with strength-based circuits on the floor, which change daily.

***To sign-up, please email*** [***info@shredfitny.com.***](mailto:info@shredfitny.com) ***Visit us at 1481C Weaver St. Scarsdale, NY*** [***www.shredfitny.com***](http://www.shredfitny.com/)