

# GROUP AEROBICS WITH JOAN

***Get Fit, Have Fun, and Feel Fantastic!***

Join us for **Group Aerobics with Joan**, a dynamic and energizing class led by **Joan D. Hampton**, a certified aerobics instructor. This inclusive session is perfect for everyone aged 18 and up who's ready to move, connect, and achieve their fitness goals in a fun, supportive group setting!

## ***What to Expect:***

- **Expert Guidance:** Led by Certified Instructor Joan D. Hampton
- **All Fitness Levels Welcome:** No experience needed – we'll meet you where you are!
- **Age Requirement:** 18 and up
- **Benefits:** Boost stamina, improve flexibility, and build strength with a supportive community
- **What to Bring:** Water, towel, and workout-friendly clothing

Come for the workout. Stay for the fun. Connect, move, and grow stronger together – everyone's welcome here!

***Sign Up Now! Spaces are limited.***

***For more info or accessibility needs, contact Joan!***

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Visit [JoanDHampton.com](http://JoanDHampton.com) to learn more about Joan  
and the Total Woman Teaching Series

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