



**HARRISONVILLE**  
Parks & Recreation



# ***BAND & BALL***

**MONDAY & WEDNESDAYS | 5-5:45PM**

**FREE TO MEMBERS / \$36 NON-MEMBERS**

*A FULL BODY WORKOUT USING A RESISTANCE  
BAND AND STABILITY BALL.*

**INSTRUCTOR: KELLY MARTINEZ**

816.380.8980 | [www.HarrisonvilleParks.com](http://www.HarrisonvilleParks.com)