

EXCLUSIVE FOR ASSUMPTION MOMS: REJUVENATE YOUR BODY AND SPIRIT, BUILD COMMUNITY, AND HELP THE CLASS OF 2018 THROUGH THIS UNIQUE FUNDRAISER PRIVATE GROUP CLASS!!!



**To Register, complete this form and return via backpack to
Josefina Abboud, C/O Gabriel Abboud – 7B
By Tuesday February 28, 2016.**

NAME: _____

Phone Number: _____

**Whether you are a long-time Assumption mom, or are new to the school,
Join us! Connect and continue to build community within our school,
while rejuvenating body and spirit, and getting ready for Spring!**

**Denise Haydu, Owner of Commit to Change,
and Gabriel Messuti, owner of Summus BodyMind and Assumption School alumnus,
are helping the Assumption Class of 2018 by offering a Pilates/Stretch/Yoga fusion
4-session series that is adaptable to your fitness level and goals.**

This is a fundraiser event that is exclusive for Assumption moms!

**Denise Haydu will lead the class series at the beautiful
Summus BodyMind Studio (173 Washington Street)
8:15-9:15 a.m. on Fridays March 3, March 10, March 17, and March 24.
Series limited to a maximum of 50 participants.
Package \$100 for the 4-class series. First come first serve.**

Registration by Tuesday February 28, 2017.

**For more information, contact:
Josefina Tranfa-Abboud (jvta284@optonline.net 973-563-5630) or
Christina Sannito (sannito@verizon.net 973-476-3617).**