

**ACADEMY of PERFORMING ARTS**  
Dance - Music - Voice - Theater

**Come Get "Crunched!"**



# Lunch Crunch Fitness

With Instructor **Erin Harris**

Lunch Crunch Fitness is a 45 Minute intense cardio and strengthening workout during the mid-day lunch hour.

APA Prescott

Wed – 11:45-12:30pm

APA Chino

Tue – 11:45-12:30pm

**Call to Register**

**Come and have a  
FREE trial class!**

APA Prescott      APA Chino Valley  
218 N Granite St      900 N. Hwy 89  
778-7529                      636-2007