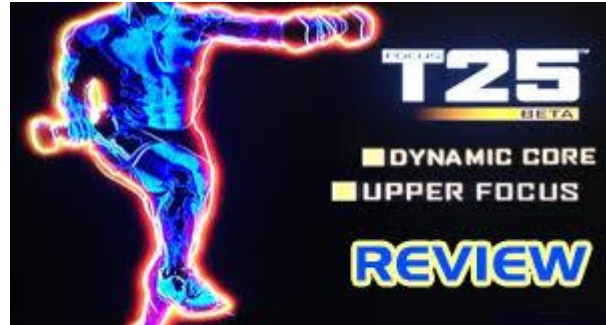


St. Nicholas Health & Wellness Ministry



Everybody jumping...

Tania showing low

impact modification, no jumps!

**FOLLOWING
SERVICES
DURING
GREAT LENT
ON MONDAYS,
WEDNESDAYS,
FRIDAYS**

**There is a modifier so this workout is for any and
ALL AGES!!!**