

*faith  
family  
fitness*

**shazzy**  
 **vibe**

Monday and Thursday nights

6pm-7:15pm

OLGC Pastoral Center

- ♥ Shazzy Vibe is a certified Christian based hip hop class ♥
- ♥ All you need is a positive attitude and a great big smile ♥
  - ♥ Every move can be modified ♥
- ♥ Moving at your own pace is highly encouraged. ♥
- ♥ We promote a safe and friendly environment ♥

- ♥ All ages and fitness levels are invited ♥
- ♥ Classes are free but donations are welcome ♥
- ♥ All donations go to the OLGC building fund ♥

For more information, contact Flora at [shazzyfitnesshawaii@gmail.com](mailto:shazzyfitnesshawaii@gmail.com)

#HI-0001

# AMERICAN HERITAGE GIRLS

Faith | Service | Fun

**Bring-A-Friend Night!**



**TUESDAY, APRIL 11, 2023**

**6:30 PM - 7:30 PM**

Our Lady of Good Counsel Parish  
1525 Waimano Home Road  
Pearl City, Hawaii 96782

For more information go to ...

website: [www.americanheritagegirls.org](http://www.americanheritagegirls.org)

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