

Hi Ancillae!

As an parent and alum, I want to try to keep our kids active and us sane. My fitness studio, Remix Fitness (Remix-fitness.com), is hosting Recess with Remix: Monday, Wednesday and Friday at 11am, until we are back in school.

Please see the details below, follow us on facebook (@RemixFitnessHorsham) and Instagram (@remix\_fit) for additional offerings. We are determined to do everything we can to keep everyone healthy.

Mary Cate Wampler



**Recess with Remix was such a success, we plan to do this every Monday, Wednesday and Friday at 11am until we are back to school**  
**#stopdropandremix**

**Sign up on mindbody & we will send you the zoom link** ❤️ 😊