

"SIGN" UP FOR OUR

AMERICAN SIGN LANGUAGE

WORK OUT CLASSES

OUR ASL LEADERS ARE IN TIP TOP SHAPE TO TRAIN YOU TO PERFORM YOUR BEST ASL



Miss Brittany is jumping with joy for this exercise theme!

Miss Kiana says "Learning a language can be like running a marathon - if we train, we get better and better each day!"



Miss Amanda is raising the bar in ASL Discoveries classes!



Step 1

Don't forget to stretch before you exercise in ASL class!

Remember to always encourage your friends!

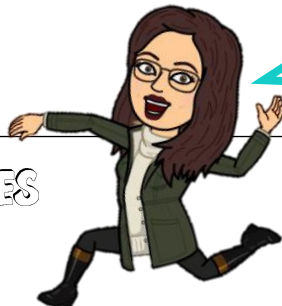


Step 2



EXERCISE

**PUSH BOTH ARMS UP SIMULTANEOUSLY
REPEAT MOVEMENT ONCE (OPTIONAL)**



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