



# **BE STRONG, BE FIT, AND BE HEALTHY WITH US**

**KAREN KEELEY WILL OFFER THE FOLLOWING ADULT FITNESS CLASSES  
FEBRUARY 20 - MARCH 26, 2024  
AND  
APRIL 9 - MAY 14, 2024**

**CLASS TIME: 6:30 - 7:30 P.M.  
MULTI-PURPOSE ROOM**

**COST IS \$30.00 FOR EACH CLASS SESSION  
OR  
5.00 PER DROP-IN**

**KAREN DEMONSTRATES EACH EXERCISE TO MEET  
INDIVIDUAL WORKOUT LEVEL.**