



ADULT FITNESS CLASS

MEN & WOMEN

6 Week Class beginning Oct. 15 - Nov. 19, 2024

TUESDAYS - 6:30 - 7:30 p.m. - Multi-Purpose room

Class consists of a warm-up, using own body weight & occasional hand held weights to increase strength and flexibility, combining interval aerobics and toning/sculpting moves, all modified to each individual's level of ability and desired workout level

\$35.00 - payable by check or cash at 1st class

\$6.00 class drop-in fee after 1st night

Questions - Karen Keeley instructor - dakakeel@hotmail.com