



ADULT FITNESS CLASS

MEN & WOMEN

6-week class beginning:
February 11th - March 18th
Tuesdays 6:30 pm - 7:30 pm
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: Contact Karen Keeley (instructor) at
dakakeel@hotmail.com

