

DROP IN TO ONE OF OUR FITNESS CLASSES!

\$10 Residents (w/ ID), \$12 Non-residents

All classes held at the City Wide Community Center*

***Classes end week of 12/17/18**



CLASS	INSTRUCTOR	DAY & TIME
Gentle Yoga	Alison Murphy	Tuesdays 10-11 AM
Lunchtime Yoga	Alison Murphy	Tuesdays 12-12:30 PM
Country Sass	Seraphim Afflick	Tuesdays 7-8 PM
Boot Camp (all abilities)	Jodi Cornell	Wednesdays 5-5:45 PM Saturdays 8:15 - 9 AM
Yoga & Meditation	Debra Cereillo	Wednesdays 6:15-7:30 PM
Yoga 101	Debra Cereillo	Wednesday 5-6 PM
Yoga (all levels)	Debra Cereillo	Thursdays 6-7 PM
Country Sass	Seraphim Afflick	Thursdays 7-8 PM
Pound (preview)	Cindy Gidley	Thursdays 12/6 & 12/13 5-5:30pm

