

# Fit Ball

Join Beth and have a ball conditioning core muscles, improve posture, balance, coordination and flexibility.



**Tuesdays & Thursdays**

8am - 9am

May 1-31	\$40R/\$45NR
June 5 - 28	\$32R/\$36NR
July 3 - 31	\$36R/\$40NR
August 2 - 30	\$36R/\$40NR
September 4 - 27	\$32R/\$36NR

***Walk-IN Fee \$5 per class***