

Fitness After 50

Join Cecilia for some fun filled cardio! Great way to be active, get your blood flowing and heart rate up!



Tuesdays & Thursdays
9am - 10am

| | |
|-----------------|--------------|
| January 3 - 31 | \$27R/\$30NR |
| February 5 - 28 | \$24R/\$27NR |
| March 5 - 28 | \$24R/\$27NR |
| April 2 - 30 | \$27R/\$30NR |
| May 2 - 30 | \$27R/\$30NR |

Walk-IN Fee: \$4 per class