



# GET ACTIVE WITH OUR FITNESS CLASSES!

BEGINNER'S  
**BODY CONDITIONING**

Thursdays  
9 a.m. - 10 a.m.  
Citizens Park Gym

BEGINNER'S  
**YOGA**

Tuesdays  
9 a.m. - 10 a.m.  
Thursdays  
5:45 p.m. - 6:15 p.m.  
Citizens Park Gym

**BODY CONDITIONING**

Tuesdays & Thursdays  
6:30 p.m. - 7:30 p.m.  
Citizens Park Gym

TAKE A SEAT  
**CARDIO & STRENGTH**

Tuesdays  
10 a.m. - 10:45 a.m.  
Citizens Park Gym

**MORNING STRETCH**

Tuesdays  
10:45 a.m. - 11:15 a.m.  
Citizens Park Gym

The cost to participate in the above classes is \$20/month.  
That price includes all classes listed above!

#CHANCETOBEFIT