

CHANCE TO BE FIT

TAKE A SEAT CARDIO & STRENGTH

TUESDAYS & THURSDAYS 10:00 A.M. - 10:45 A.M.

BEGINNER'S YOGA

TUESDAYS & THURSDAYS 5:30 P.M. - 6:00 P.M.

BODY CONDITIONING

TUESDAYS & THURSDAYS 6:30 P.M. - 7:30 P.M.

MORNING STRETCH

TUESDAYS 11:00 A.M. - 11:15 A.M.

FALL PREVENTION

THURSDAYS 11:00 A.M. - 11:15 A.M.

THE COST TO ATTEND OUR FITNESS CLASSES IS \$20 A MONTH, THIS PRICE ALLOWS PARTICIPANTS TO ATTEND ANY OF THESE CLASSES TAUGHT AT CITIZENS PARK GYM.

CITIZENS PARK GYM

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