

New Year's Resolution...

GET MOVING!!!

Improve your overall health and wellbeing with various types of exercises for all fitness levels!

What: Group Fitness

When: Tuesdays 3:05–4:05

Starting January 2nd, 2018!

Where: OSMS Fitness Room

For Who: YOU!

With Who: Kate Livingston

(OSMS Teacher + AFAA Group Fitness Certified)

Cost: \$30 for 7 classes

For more information or to register, please visit

www.Oldsaybrookrec.com

For questions, please see Kate or contact Jonathan

Paradis at Jonathan.Paradis@Oldsaybrookct.gov