

ADULT FITNESS

With Jill Temple



SESSION 1: SEPTEMBER 8TH - OCTOBER 15TH
SESSION 2: OCTOBER 20TH - NOVEMBER 26TH

5:30 - 6:15PM

\$100 REGISTRATION FEE

OLD SAYBROOK PARKS & REC

Get fit and have fun! These classes will get your body moving and your heart pumping to reach your fitness goals. We will be performing all body weight exercises and a little cardio sequence. All you need to bring is a yoga mat and water.

FOR MORE INFORMATION OR TO REGISTER,
VISIT WWW.OLDSAYBROOK.COM