

FITNESS

With Jill Temple



MONDAY & WEDNESDAY

SESSION 1: SEPTEMBER 14TH - OCTOBER 26TH

SESSION 2: NOVEMBER 2ND - DECEMBER 9TH

TOWN GREEN, 5:30PM - 6:15PM

FEE: \$100.00

Let's 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.OLDSAYBROOKREC.COM