

# ADULT EXERCISE CLASSES

## *Women's Fitness*

In conjunction with PL Rec

**Mondays & Wednesdays, 7:00-8:00pm**

**Session I: Sept. 19 - Nov. 16**

**Session II: Jan. 9 - Mar. 8**

**Session III: Mar. 20 - May 10**

\$50 for 16 classes, \$35 for 10 classes, \$5 to drop in.

Located at the **Lincoln School in PL.**



## YOGA – THURSDAYS

All classes are \$10.00, pay as you attend.

Located at the **Glenburn House.**

## WALKING CLUB - THURSDAYS

In conjunction with PL Rec

**Starts: 10/6/15 – no cost. 7:00-8:00pm**

**Located at: Lakeside School Hallways in PL**