

Looking for somewhere to Exercise? Check it out!

WALKING CLUB:

Thursday's 6:30-8:00pm at Hershfield Track in PL, no cost.



YOGA – NEW NIGHT!

All classes are \$10.00, pay as you attend. @ the Glenburn House.

THURSDAYS – 7:00 – 8:00pm

Beginner, Hatha Class (all levels welcome)

