

WORKOUT

WEEKLY WORKOUTS START JAN. 9

CLASSES ARE ONGOING - DROP IN ANYTIME

BETHANY TOWN HALL GYM

CARDIO - PUMP ON MONDAYS

PILATES, STRENGTH & STRETCH ON WEDNESDAYS

6:30 - 7:30

Bethany Parks & Recreation

ALL AGES & FITNESS LEVELS WELCOME - BRING A FRIEND!

CLASSES ARE ONGOING DROP IN ANYTIME!

ENJOY A COMBINATION OF MOVES TO INCREASE ENDURANCE, CARDIO & STRENGTH BUILDING WITH OPTIONAL WEIGHTS/RESISTANCE BANDS/STABILITY & WEIGHTED BALLS, AS WELL AS BALANCE & STRETCH

Bring a mat, water & weights, always optional (2 & 5 lb rec.).

Modifications for people of ALL ABILITIES

Pay as you go at \$5/class!!

Your Instructor: Ginger Vecchio, AFAA Certified Personal Trainer
Register at Class or Contact Bethany Park & Rec to register