

April is Just Around the Corner...

Sign Up for One of these GREAT classes!

Men's Power

Hour

Tues 5:30-6:30 pm

Kettlebell

Workshop

Tues 5:30-6:30 pm

Strong Girls (13 yrs+)

Thurs 4:15-5:15 pm

Youth Yoga (10 yrs+)

Thurs 4:15-5:00pm

Total Body

Conditioning

Wed 11:15-12:15 pm

Boot Camp

M & W 6:30-7:30 pm

Meditation

Wed. 7:00-8:00 pm

**All Classes are in a
Small Group Setting of 4-8 participants
& Classes Run for 4 Weeks**

Register Online or at the Front Desk By March 31st

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