

Morning Workout Classes ***Starting July 19th till August 27th*** ***with Dawn***

Monday

July 19, 26
Aug 2, 9,
16, 23

10:00 to 10:45 Strength & Balance
This Class at 463 N.Main St

Tuesday

July 20, 27
Aug 3, 10,
17, 24

10:00 to 10:45 Pilates

Thursday

July 22, 29
Aug 5, 12,
19, 26

10:00 to 10:45 Pilates

Friday

July 23, 30
Aug 6, 13,
20, 27

10:00 to 10:45 Strength & Balance
This Class at 463 N.Main St

Cost of Class:

A Donation for

***Yates Community Center
Expansion Project is the Fee***

