

JOIN YOUR NEW LOCAL FITNESS PROGRAM!!

TOWN OF GREENFIELD, NH

Step and Tone Classes!



in 8 week sessions

Your classes begins with a warm up followed by 30 minutes of low impact step aerobics and a toning workout using light hand weights. Classes end with a full body stretch.

WHEN: THURSDAYS (FIRST SESSION) January 20 – March 10

TIME: 5:00PM – 6:00PM

**PLACE: GREENFIELD TOWN HALL/MEETING HOUSE
776 FOREST ROAD**

COST: \$45.00

**BRING: YOUR OWN HANDWEIGHTS (2 – 5LBS DEPENDING ON YOUR
FITNESS LEVEL) AND AN EXERCISE MATT.**

**STEPS ARE PROVIDED. WEAR COMFORTABLE WORKOUT ATTIRE AND BRING
YOUR OWN WATER. SNEAKERS REQUIRED – NO STREET SHOES PLEASE!**

BEGINNERS WELCOME!!

**TO REGISTER: CONTACT DEBRA OR CATHERINE AT THE GREENFIELD TOWN OFFICE.
603-547-3442 MONDAY – THURSDAY 9 TO 5PM**

Note: Step classes will be ongoing throughout the year in 8 week sessions