

JOIN OUR LOCAL FITNESS PROGRAM!!

TOWN OF GREENFIELD, NH

New Session beginning!

Step and Tone Classes!



in 8 week sessions

Classes begin 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: TUESDAY & THURSDAYS - June 7 – August 11

TIME: 5:15PM – 6:15PM

PLACE: GREENFIELD TOWN HALL

COST: \$45.00 FOR ONE SESSION; \$75.00 FOR BOTH TUES & THURS

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

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

SPECIAL BEGINNER CLASS, SATURDAY, MAY 28, 2011 AT 10:00AM - REGISTRATION FEE FOR THIS ONE-TIME CLASS IS \$10.00.

**TO REGISTER: CONTACT DEB DAVIDSON 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
THIS IS NOT A CONVAL SPONSORED EVENT – Town of Greenfield is a non-profit organization***