

JOIN YOUR LOCAL FITNESS PROGRAM!

TOWN OF GREENFIELD, NH

Step and Sculpt Classes!

New session begins April 10, 2012



8 Week Session

Classes begin with a warm up followed by 35 minutes of low impact step aerobics and a body toning workout using light hand weights. Classes end with a full body stretch.

WHEN: TUESDAYS AND/OR THURSDAYS April 10 – May 31 (No Class April 12th or 24th)
TIME: 5:30PM – 6:30PM
PLACE: GREENFIELD MEETING HOUSE
COST: \$55.00 FOR ONE SESSION; \$85.00 FOR BOTH TUES & THURS
BRING: HANDWEIGHTS (2 – 5LBS DEPENDING ON YOUR FITNESS LEVEL),
EXERCISE MAT AND BOTTLE OF WATER.

**STEPS ARE PROVIDED. WEAR COMFORTABLE WORKOUT ATTIRE. SNEAKERS
REQUIRED – NO STREET SHOES PLEASE!**

**TO REGISTER: CONTACT AARON PATT 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