

JOIN YOUR LOCAL FITNESS PROGRAM!

TOWN OF GREENFIELD, NH

Step and Sculpt Classes!

New session begins October 16, 2012



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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, OCTOBER 16 – December 11 (No Class Nov 6 due to Pres. Election)
TIME: 5:30PM – 6:30PM
PLACE: GREENFIELD MEETING HOUSE
COST: \$55.00
**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**

REGISTRATION DEADLINE: OCTOBER 4, 2012

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