



## ACTIVE FITNESS CLASS

@ The Village Hall

34 Leonard St. Gloucester, MA.

Join us for **fun and fitness** in Annisquam.

A fantastic fitness program designed for the beginner or older adult.

**Monday - Wednesday - Friday**

**9:15-10:30 am**

Bring light weights 1-5lbs, water and a yoga mat (optional) for 15 min. stretching.

Drop in \$10

Weekly \$20 (due on Mondays)

Monthly \$60 (due the 1<sup>st</sup> of the month)

FREE

~~\*\*\$5.00~~ Trial Class for new members\*\*



Email Laurie with any questions

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