



# ADULT CLASSES

**NEW!**

**REGISTER TODAY!**



CLASS	AGE	DAY	TIME	COST
Mom & Me Fitness	18+	Monday	5:30 PM - 6:30 PM	8wk SESSION: \$35

Join our Mom and Me Fitness Class, where moms and their 8-11 year olds get active together! This fun, energetic class combines exercise, music, and movement to keep both you and your child moving. Perfect for bonding, boosting energy, and building healthy habits together!



**SESSION WILL RUN FOR 8 WEEKS**

CLASSES WILL BEGIN THE WEEK OF 10/7/24

**NO CLASSES ON 10/14, 11/11, & THE WEEK OF THANKSGIVING**

**NEW!**

Get your groove on at our LVT Zumba Class! This high-energy dance workout combines different rhythms with easy-to-follow moves for a fun and effective cardio session. Whether you're a beginner or a dance enthusiast, come join the party and dance your way to fitness!

CLASS	AGE	DAY	TIME	COST
Zumba	18+	Wednesday	6:30PM - 7:30PM	MONTHLY \$30



*"Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements."*

*"Achieving gender equity through a continuous commitment to girls and women in sports."  
 Information on this flyer is subject to change or cancellation without prior notice.*