

**SUMMER CLASS OFFERINGS
FOR ADULTS
(18 Years And Up)**

Put A Spring In Your Step!

INSTRUCTOR: TOM KRUSINSKI

Revitalize and energize through stretching and strengthening muscles, increasing flexibility, strengthening the core and reducing tension. Students will leave each class feeling refreshed!

Classes meet for 4 weeks and are 50 minutes in length.....\$82.00

Morning Classes.....8:30am

Monday..... (August 6, 13, 20, 27)
Tuesday..... (August 7, 14, 21, 28)
Wednesday..... (August 8, 15, 22, 29)
Thursday..... (August 9, 16, 23, 30)
Friday.....(August 10, 17, 24, 31)

Afternoon Classes.....12:30pm

Monday..... (August 6, 13, 20, 27)
Tuesday..... (August 7, 14, 21, 28)
Wednesday..... (August 8, 15, 22, 29)
Thursday..... (August 9, 16, 23, 30)
Friday..... (August 10, 17, 24, 31)