

***JOIN YOUR LOCAL FITNESS PROGRAM!***

***TOWN OF GREENFIELD, NH***

# ***Step and Sculpt Classes!***

***New session begins July 10, 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 July 10 – Aug 28**

**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: JUNE 21, 2012**

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