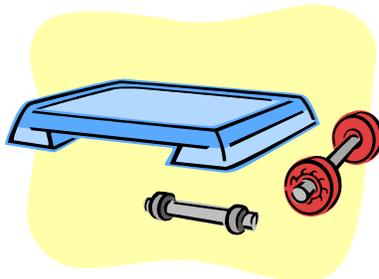


JOIN YOUR LOCAL FITNESS PROGRAM!!

TOWN OF GREENFIELD, NH

Step and Sculpt Classes!

New Session begins Oct 11



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 AND/OR THURSDAYS Oct 11 – Dec 8 (no class Thanksgiving week)
TIME: 5:15PM – 6:15PM
PLACE: GREENFIELD MEETING HOUSE
COST: \$45.00 FOR ONE SESSION; \$75.00 FOR BOTH TUES & THURS
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!**

***NOT SURE IF STEP IS FOR YOU? SPECIAL BEGINNER CLASS SUNDAY, OCT 9, 2011
1:00PM – 2:00PM AT THE MEETING HOUSE. REGISTRATION FEE \$10.00.***

**TO REGISTER: CONTACT CATHERINE SHAW AT THE GREENFIELD TOWN OFFICE.
603.547.3442 MONDAY – THURSDAY 9 TO 5PM**

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

THIS IS NOT A CONVAL SPONSORED EVENT – Town of Greenfield is a non-profit organization