

Congratulations to Kalliope and family on the birth of their daughter. We have missed her classes and we're happy to welcome her back to teach YOGA at the Town Hall- Wednesdays at **5:15 pm** and Saturdays at **9:15 am** \$5 -10 donation per class (please note: Start date for Wednesdays is **October 4th** and for Saturdays is **October 14th**)

Zumba is a Latin inspired dance fitness program that anyone can do.

My class is low to no impact and provides an excellent cardio workout. Zumba is adaptable for all ages and fitness levels.

It may take a couple of classes to learn the rhythms and some basic moves, but once you do it's **JUST PLAIN FUN!**

Hope you will join us **Thursday's** at **6:00pm** at the Town Hall. Led by Susan Krieger \$5

**Tuesday 6pm STRONG** and **Sunday 8am ZUMBA** classes have moved out of Warwick to the Boiler Room in Tully. Only 10 minutes away and a great work out. Led by Christine \$5

-Leanne Limoges