

Deerfield Parks and Recreation

# AEROBICS & BODY RESHAPING

With long time Deerfield Instructor Nancy Johnson  
At the George B. White Building "Studio 59 Fitness Room"



**Low Impact Aerobics**

**Body Toning (open to anyone 18 and over)**

**Wednesday and Friday mornings 9am**

**6 Week Sessions beginning Feb 10<sup>th</sup> \$60.00 or \$5.00 per class**

**Bring a mat and light weights if you have them**

Questions? Call Deerfield Parks and Recreation 463-8811 x 305 email  
[dflparks@townofdeerfieldnh.com](mailto:dflparks@townofdeerfieldnh.com) or Instructor, Nancy @ 494.1198