

Deerfield Parks and Recreation

AEROBICS & BODY RESHAPING

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



Monday and Thursday evenings 6:15-7:15
\$8 per class or \$5 per class multiple visits

Low Impact Aerobics

Body Toning (open to anyone 18 and over)

Bring a mat and light weights if you have them

Questions? Call Deerfield Parks and Recreation 463-8811 x 305

email parks@townofdeerfieldnh.com or Instructor, Nancy @ 494.1198