

Deerfield Parks and Recreation

Health and wellness programs at George B. White

Improve your health, reduces your stress, meet new friends

Adult Hatha Yoga

With Certified Instructor Nancy Damboise



Mats are Provided by the Instructor

6:30-7:30 Tues and Thurs

\$50 for full six week session or \$10 drop in

Tai Chi with Lin Lin



6 Week continuous Course

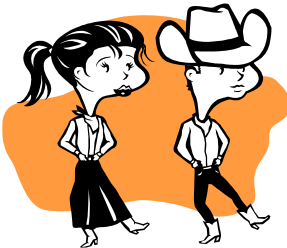
18 THERAPEUTIC & HEALTH EXERCISES

Sunday Mornings Beginners 8-9:30. Experienced 9:30-11.

\$40 for 1 hour class full session (\$10 drop in)

\$60 for 1.5 hour class full session (drop in \$15)

Line Dancing with Jan Graves



Wednesday nights.

The experienced students start at 6pm and the beginners join in at 6:30

\$4 a night. Call Jan for more information at 463-8078 Pre-registration is not required

All classes held in the beautiful "Studio 59" at George B. White Building 8 Raymond Road

More info, parks@townofdeerfieldnh.com 463-8811 x305 www.townofdeerfieldnh.com