



Adult Health & Wellness Classes



Come check out one of our classes at the Beautiful
"Studio 59" at the George B. White Building

(Enter through glass doors beyond Police Department & before Claire's Cuts; head towards
Yanni's on the left side of the building)

**First time class is always free.
Come & have some fun!**

Our new schedule starting in October will be as follows:



Monday: 6:00 – 7:00pm Aerobics with Sherry Moulton

Tuesday: 6:15 – 7:15pm Yoga with Nancy Damboise'

Wednesday: 6:00 – 7:30pm Country Line Dancing with
Jan Graves

Wednesday: 7:30 – 8:30pm Aerobics with Sherry Moulton

Thursday: 6:15 – 7:15pm Yoga with Nancy Damboise'

Thursday: 7:30 – 8:30pm Zumba with Julie Dolliver

We also offer morning "**Get-Fit & Feel Good**" classes with
Nancy Johnson on **Tuesdays & Thursdays at 8:15am**
(no morning classes October 4th thru October 13th).

Please contact the Recreation Department for additional pricing
information or other details.



Deerfield Parks & Recreation Department
603-463-8811 x305
Email: parks@townofdeerfieldnh.com