



# Adult Health & Wellness Classes



Come check out one of our classes at the  
**Beautiful “Studio 59”** at the George B. White Building  
or at the Town Hall

*(Studio 59; 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!**



- Sunday:** 8:00am – 9:00am Tai Chi with Lin Lin (at the Town Hall)
- Monday:** 9:00am – 10:00am Boot Camp with Maggie Lemay (at Studio 59)
- Tuesday:** 5:00pm – 6:00pm & 6:00pm- 7:00pm Boot Camp with Maggie Lemay (at Studio 59)
- Tuesday:** 6:15pm – 7:15pm Yoga with Nancy Damboise’ (at the Town Hall)
- Wednesday:** 9:00am – 10:00am Boot Camp with Maggie Lemay (at Studio 59)
- Wednesday:** 6:00pm – 7:30pm Country Line Dancing with Jan Graves (at Studio 59)
- Thursday:** 11:00am – Senior Friends with Jan (Chair & Standing Exercise) (at Studio 59)
- Thursday:** 5:00pm – 6:00pm & 6:00pm- 7:00pm Boot Camp with Maggie Lemay (at Studio 59)
- Thursday:** 6:15pm – 7:15pm Yoga with Nancy Damboise’ (at the Town Hall)
- Thursday:** 7:30pm – 8:30pm Zumba with Jen Depiano (at Studio 59)



*Please contact the Recreation Department or Town Website for additional pricing information or other  
details. [www.townofdeerfieldnh.com](http://www.townofdeerfieldnh.com)*

**Deerfield Parks & Recreation Department**  
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