

Get Fit - Feel Good



With Instructor: Nancy Johnson

At the George B. White Building's "Studio 59" Health & Wellness Room
at 8 Raymond Rd, Deerfield, NH

- **WHEN:** Tuesday & Thursday Mornings
- **TIME:** 8:15am to 9:15am
- **COST:** \$8.00 per class for 10 or more classes or \$10 drop in.



Regardless of age, weight or athletic ability, aerobic exercise and strength training is good for you. You'll get stronger and feel better.

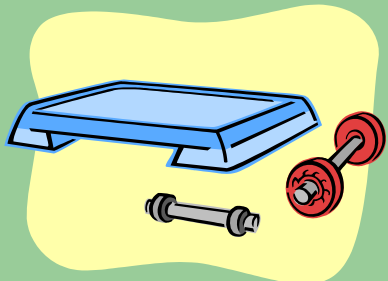
A program that includes body toning, core strengthening and cardio exercises increases your metabolism, strengthens your heart, builds and maintains healthy muscles, bones, and joints. Weights, bands, balls, and mats are all used during class. You can bring your own or use ours.

Instructor, Nancy Johnson has 20 plus years experience instructing fitness classes and coached middle school x-country for 15 years. At age 62 she understands the needs of the mature members of the class, while still challenging the more fit participants.

It is never too late to start an exercise program. As with any new physical activity it is best to check with your physician.

NOTE: Classes re-start on October 11th

Come join the Fun!



Brought to you by:

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