

Adults, Senior & Family Programs



Zumba Fitness with Martha
Stay fit grooving to the Latin Beat in fun, energetic workouts gets your heart pumping and leaves you feeling good. Every Wednesday Night

WEDNESDAY NIGHTS FROM 6:15-7:15
COST 75.00 FOR 10 WEEKS OF FITNESS BEGINNING SEPTEMBER 23RD 2014



6 NIGHTS OF FAMILY SOCCER AT AMIGOS!
Stay active as and enjoy fun times with friends and

EVERY FRIDAY FOR 6 WEEKS BEGINNING SEPT. 19TH –OCT. 24TH FROM 6:15-7:15
COST 25.00 MEMBERSHIP FEE PER FAMILY



eat sleep breathe
DANCE



Please join us for some music & dancing combined
with strength Exercise
Have fun while building bone and muscle strength
for Mature Adults 50 and over EVERY MONDAY NIGHT

MONDAY NIGHTS FROM 7:15-8:00
COST 5.00 PER CLASS OR 6 WEEKS OF CLASSES FOR 25.00
CLASSES BEGIN SEPTEMBER 15TH.