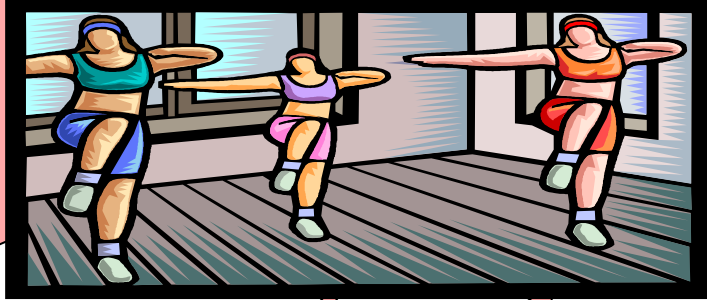


PITTSFORD RECREATION DEPARTMENT

THE WORKOUT



**WANT TO SEE RESULTS? WATCH THE POUNDS SWEAT OFF!!!
THE NEXT SESSION Wednesdays, March 1-29, 2017
There will be class March 1st!!!**

This one hour workout incorporates aerobic conditioning, strength and abdominal work. It's sure to help you begin to lose some of that extra weight, while increasing your energy level. Perhaps you'll want to focus on getting back into shape after the holidays. New and different routines are planned to keep the program fresh.

Based on the level of interest WEDNESDAY classes are scheduled to run through April!!

SIGN UP FOR AN ENTIRE MONTH OR PAY AS YOU GO

WHEN: Wednesdays, March, 1, 8, 15, 22 & 29
TIME: 5:30 – 6:30 pm **WHERE:** Lothrop School Gym
FEE: \$6 per class (pay as you go) or \$25 for all 5 classes
INSTRUCTOR: Joani Imperato, Certified Kickboxing, & Martial Arts Instructor

Please bring a mat or towel to lie on and wear comfortable clothes.

CALL THE PITTSFORD RECREATION DEPARTMENT
TO PRE-REGISTER & TO ANSWER ANY QUESTIONS YOU MAY HAVE.
(802) 483-6500 ext. 17 or recreation@pittsfordvermont.com