

Looking for an exercise class close to home that's affordable AND fun?



Mondays
6:30-7:30pm
Waterloo
Township Hall
Starting 3/18



BROUGHT TO YOU BY

Cost: FREE



This is a strength & conditioning class suitable for all fitness levels. Bring a yoga mat & a pair of handweights. The class consists of a 10-minute warm-up, 30 minutes of strength training, and 20 minutes of stretching and relaxation.