

GET IN SHAPE

WHERE: WATERLOO TOWNSHIP HALL
9773 MT. HOPE RD.
WHEN: EVERY MONDAY & WEDNESDAY BEGINNING 9/9/24
6:30-7:30PM

*No class on the 3rd Monday of each month
due to Township business*

FOR FREE!

Brought To You By



B ballet
chelsea

This is a strength & conditioning class suitable for all fitness levels.

Bring a yoga mat & a pair of hand weights.

The class consists of a 10 minute warm-up, 30 minutes of strength training, & 20 minutes of stretching & relaxation