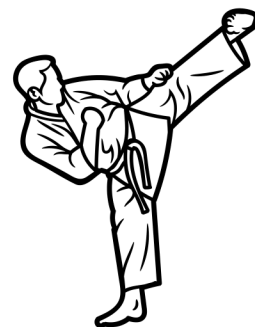
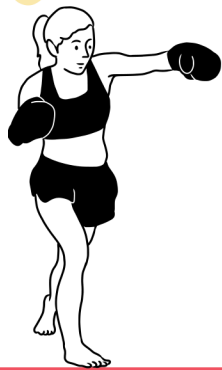




Spring

fitness classes

for adults



CLASS	AGES	DAY & TIME	FEE	DATES
NEW Yoga Grounding	18 & Up	Monday 5pm - 6pm	\$80	4/08/24 - 6/03/24 8 wks No Class on 5/27
Karate	18 & Up	Monday & Wednesday 6pm - 7pm	\$140	4/08/24 - 6/03/24 8 wks No Class on 5/27
NEW Kickboxing	18 & Up	Monday 7:30pm - 8:30pm	\$80	4/08/24 - 6/03/24 8 wks No Class on 5/27
Mat Pilates	18 & Up	Tuesday 6pm - 7pm	\$80	4/09/24 - 5/28/24 8 weeks
Mixed Martial Arts	18 & Up	Wednesday 7:30pm - 8:30pm	\$80	4/10/24 - 5/29/24 8 wks
NEW Adult Dance Workshop	18 & Up	Thursday 7:00pm - 8:30pm	\$140	4/11/24 - 5/30/24 8 weeks

Classes and programs may be subject to cancellation or change

TO REGISTER VISIT:

LAPARKS.ORG/RECCENTER/WESTCHESTER



@WestchesterRecCenter

or
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