

FALL 2016



Day: Mondays

Time: 6:30-7:15 p.m.

Aerobic steps provided



Days: Tuesdays & Thursdays

Time: 10:00-11:00 a.m.



Days: Wednesdays

Time: 10:00-11:00 a.m.

Toning sticks provided

Cost: Classes are \$2 per person or unlimited with Fitness membership of \$20/month. See Welcome Desk for Senior rates. Please check in, & pay at Welcome Desk.

Licensed Instructor: **Stephanie Oster**

*Schedule starts September 6th*

[www.wmfc.org](http://www.wmfc.org)

