



FITNESS IN THE PARK



FITNESS N FUN

SUMMER FITNESS

Small group exercise class that incorporates interval training with body weight exercises, balance & flexibility, core training and strength training to get a full body workout to tone and sculpt. Class is designed for everyone of all ages. Exercises are customized to fit your individual fitness level.

WHERE: Community Room, Peculiar City Hall

WHEN: Tuesdays, Thursdays and the second & fourth Saturday

TIME: 6:15pm-7:15pm Tuesdays and Thursdays
9:00 am– 10:00am on Saturdays

CLASS FEE: \$45 per month

\$7 drop-in fee

- Register for the class at Peculiar City Hall
- Instructor Alisa Wade is a ACE Certified Personal trainer with an Associates in Exercise Science. She is also a Beachbody Coach and CPR/AED Certified
- Please bring a water bottle and small towel to class



Fitness is a journey, not a destination.

Don't wish for it , Work for it!!