



FITNESS



Take 10% off when you purchase 3 months of classes in advance.

Not sure that the yoga or fitness class is for you? Stop in and try your first night of classes for FREE



WHERE: Community Room, Peculiar City Hall

WHEN: Tuesdays, Thursdays and two Saturdays a month

TIME: 5:45pm-6:15pm Tuesdays and Thursdays, 8:30am– 9:00am Saturdays

CLASS FEE: \$24 per month, \$4 drop-in fee,

- Yoga Mind-&Body Fitness Class designed to improve core strength, balance and flexibility using movement and mental focus

- Register for both Yoga and Total Body for \$60 per month
- Register for the class at Peculiar City Hall

Small group exercise class that incorporates interval training with body weight exercises, core training and strength training to get a full body workout. The class will use dumbbells, resistance bands, stability balls, chairs, beach balls and kettlebells. The 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 two Saturdays a month

TIME: 6:30pm-7:30 pm Tuesdays and Thursdays, 9am– 10am Saturdays

CLASS FEE: \$45 per month, \$7 drop-in fee,