

Get Fit!

**FUN group
classes at your
community center**

**FEBRUARY
2012**

Monday	PILATES w/Janet 5 pm
Tuesday	PARENT AND CHILD YOGA w/Roberta 11 am MEDITATION w/Roberta 7:30 pm
Weds	
Thursday	ZUMBA w/Brehnda 5 pm YOGA w/Cathy 6:30 pm
Friday	
Saturday	NUTRITION FOR KIDS WORKSHOP* w/Rachel Sobol, RD, CD-N February 18, 11 am–noon Parents and kids welcome

Monthly pass: \$40—attend as many classes as you like!

Drop in: \$10

***Call to register for workshops**



51 South Center Street
P.O. Box 35
Millerton NY 12546
Phone: 518-789-4259
E-mail: info@neccmillerton.org

**REDUCED
RATES
AVAILABLE . .
JUST ASK!**

