



TOTAL BODY FITNESS CLASSES

By: **www.OrganicWorld.us**

FITNESS CLASSES MADE IN THE COMMUNITY
TO SERVE THE COMMUNITY NEEDS!

- **STRETCHING**
- **AEROBICS**
- **STRENGTHENING & RESISTANCE**
- **WEIGHT LIFTING FOR ARMS & LEGS**
- **SCULPT & TONE YOUR WHOLE BODY**

Each **weekly class** will be held at the **Forestburgh Town Hall** on **Wednesdays** at **5:30 pm**. First class is scheduled on **June 27th**. An ACE Certified Health Coach will deliver classes. Classes will be held outdoors when weather permits and indoors during uncooperative weather. Please bring your own **yoga mat, sunscreen** and **water bottle**.

There is a **\$10 cash** contribution per class per person to be paid upon arrival. **Children 7 years and under are free.**

Pre-registration is suggested:

- **Call (845)794-0611 Ext. 28**
- **Email forestburghbookkeeper@yahoo.com**

NO COMMITMENT-JUST SHOW UP AND ENJOY THE FUN!

ABOUT ORGANICWORLD.US:

**Sustainable Farm, Prepared Meals, Farm Share,
Health Coaching, Cooking Classes & Event Services
for a better world for all of US!**



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