



TOTAL BODY FITNESS CLASSES

By: www.OrganicWorld.us

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

AS PART OF THE FORESTBURGH WORKSITE WELLNESS PROGRAM

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

Each **weekly class** will be held downstairs at the **Forestburgh Town Hall** on **Wednesdays at 5:30 pm**. Classes will resume on September 26th. An ACE Certified Health Coach will deliver classes. Please bring your own **yoga mat** and **water bottle**. **FIRST CLASS IS FREE!!**

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!
CLASSES ARE OPEN TO ALL FITNESS LEVELS

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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