

Town of Clarence Recreation

Fitness Classes

Tai Chi

With *Valerie Cooley*

Monday Nights

September 26th to November 14th

Sheridan Hill Elementary Small Gymnasium

6:30 To 7:30 p.m.

\$30 for entire session (7 classes)

All Ages are Welcome!

Please pre –register by calling **407-2162**

Walk-in's Welcome at \$5 per class once
minimum registration has been met.

Town of Clarence Recreation

Fitness Classes

Boot Camp Circuit

With *Kimberly Hermance*

Wednesday Nights

September 28th to November 16th

Sheridan Hill Elementary Small Gymnasium

6:30 To 7:30 p.m.

\$35 for entire session

8 Classes

Please pre –register by calling **407-2162**

Walk-in's Welcome at \$5 per class once
minimum registration has been met.