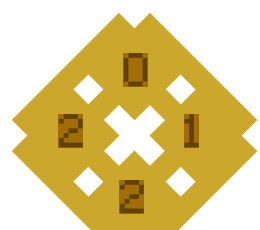


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FEBRUARY

Faith Fitness Friends Session 2



Feb. 20, 2012 - Mar. 30, 2012



9:15 - 10:15a



Bethel Gym fitness Studio



Gina Tedeschi



627-1388



dtedes1683@aol.com



Register at: www.sportsinc.info

Registration begins Feb 12.
Group Fitness classes for women. Modalities include Step, Strength and Resistance Training; Cardio workouts including Zumba, Interval training, stability ball and BOSU workouts, etc. Please carry in workout shoes for usage only in the gym. Meets M,W,F mornings. \$36 fee + \$14 per child childcare. Space is limited so register early!

Zumba Gold



Feb. 21, 2012 - Mar. 29, 2012



6:45 - 7:30p



Bethel Gym Fitness Studio



Gina Tedeschi



627-1388



dtedes1683@aol.com



Register at: www.sportsinc.info

Registration begins Feb 12. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Meets T, Th evenings. \$24 fee.

