

StrongBodies/Strongwomen December schedule:

December 5th and 7th:

- morning class and evening class at Community Center

MONDAY December 11th.

- morning class at library at 9 am
- NO EVENING CLASS

December 14th

- morning class at the library
- Evening class at the community center

December 19th and 21st

- morning and evening class at the community center

NO CLASS THE WEEK OF CHRISTMAS!

January

Class begins for another 12 week session on January 2, 2018-March 29,2018

9 am- 10:10 Strongwomen

10:30-11:40 StrongBodies

6-7:10pm StrongBodies

Please note: the StrongBodies class is a women and men's mixed class

Suggested fee \$15 for the twelve week course. (the December class suggestion is a donation to our local food pantry)