

Fitness and Recreation at the Comm



Women's Fitness Classes

Saturdays: 8:30 to 9:30 a.m. in the Gym
Call Dawn at 563-2163 for more information.

Zumba Classes

Mondays & Thursdays at 7:15 p.m. in the gym
Call Liz at 233-7390 for more information.



Yoga Classes

Tuesdays: 6:15 to 7:15 p.m. in the Scout Room
Call Amy at 587-3473 for more information.



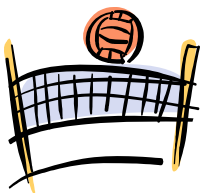
Women's Basketball

Every Other Wednesday from
7:00 to 8:30 p.m. in the Gym
Dates: January 12 & 26 and February 9 & 23
Call Brenda at 586-7198 for more information.



Women's Volleyball

Every Other Wednesday from
7:00 to 8:30 p.m. in the Gym
Dates: January 19 and February 2 & 16
Call Danielle at 563-1858 for more information



Tots and Toddlers Open Gym

Wednesday & Friday
mornings from 9:30-10:30 a.m.

