

FREE FITNESS CLASSES AT ROXBURY CENTRAL SCHOOL!

FUN, FIT AND FABULOUS COMMUNITY FITNESS PROGRAM !



Get out of the house this winter for some FREE fun fitness classes at Roxbury Central School! Hang out with friends while getting into shape! Open to all community members ages 12 & up at all fitness levels. Offering Zumba, Yoga, Pilates and Kickboxing , a Walking Club and outdoor activities. See schedule below for classes and times. Come on out for some fun, get fit, and be *FABULOUS!*

Classes Begin Tuesday, January 3, 2012

All Classes Start at 7:00 PM and run an hour unless otherwise noted:

- Mondays: P90X Kickboxing
- Tuesdays and Thursdays: ZUMBA!
- Wednesdays: Yoga/Pilates (6:30-8:00 PM)
- Saturdays: Outdoor Activities (Weather Permitting) Time: 10:00 AM
- Indoor Walking Club: Mon. thru Fri. 6:7:30 AM & 5:30-7:30 PM

(Sign-in Sheet outside of the Main Office)