

COUDERSPORT WELLNESS CENTER

JANUARY 2011 CLASSES

Classes start the week of January 10

Mix them up anyway you want!

We will be offering a class punch card - \$68 - worth 10 classes

Stop by the Coudersport Wellness Center or call 274-5353 to register

Boot Camp

Tuesdays, 12-1 p.m., January 11 - circuit; January 18, step; January 25, koga/kickboxing

Zumba classes

Thursdays, 12-1 p.m.

Stretching & Balance & Relaxation (Gentle Chair Yoga)

Mondays, 12-12:45 p.m.

Zumba Evening Class

Wednesdays, 5-6 p.m.

Cindy's Step/Pilates Class

Mondays, 5:30-6:30 p.m.

