

Chestnuthill Park Building

221 Route 715  
Brodheadsville

with Leslie Glover

# EXERCISE CLASSES

**COSTS:** \$10 a session  
(All sessions) \$45 for 5 sessions  
\$80 for 10 sessions  
*Mixing sessions is allowable*



## **FITDANCE**

Tuesdays: 6pm—7pm

**Burn a ton of  
calories while  
having FUN!**

## **PIYO**

Tuesdays: 7:15pm—8:15pm

Thursdays: 6pm—7pm

**A music-driven athletic  
workout inspired by  
Pilates & Yoga!**



## **TAI CHI**

Tuesdays  
10 a.m.

Saturdays  
8:30am and 9:30am (beginners)

Outside Classes (weather permitting)

(570)992-9733  
[www.weposc.org](http://www.weposc.org)  
[bkozen@weposc.org](mailto:bkozen@weposc.org)

