

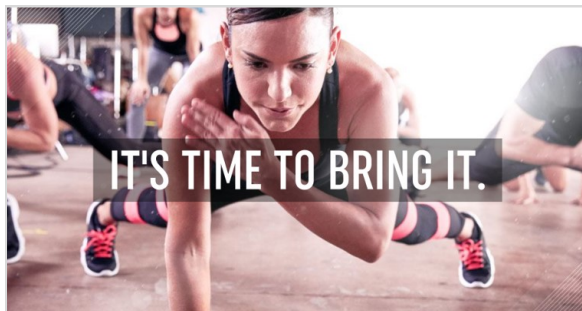
# Fitness Classes at Crossroads!

690 Sir John A. Macdonald Blvd.

## TUESDAY CLASSES:

### **STRONG by Zumba**

Conditioning, cardio—intense!



*Tuesday mornings, 8:00 to 9:00*

## THURSDAY CLASSES:

### **Yoga for Beginners**

Relax, breathe, rejuvenate!



*Thursday mornings, 8:15 to 9:15*

### **Seniors Fitness**

Cardio, balance, strength!



*Tuesday mornings, 9:15 to 10:15*

### **Zumba Gold**

Dance Party!



*Thursday mornings, 9:30 to 10:15*

**All classes are taught by certified instructors.**

**Classes are for men and women.**

**Classes are geared to all fitness levels.**

**Good will offering per class, if possible.**

***All are Welcome!***