

Open House March 6 and 7

Group Fitness Schedule

Saturday, March 6		
Aerobics	Group Cycling	Yoga & Aqua Fitness
Step 8:10 am - 9:10 am		
Zumba (Assembly rm) 9:15 am - 10:00 am		Aqua Fitness 8:15 am - 9:15 am
Body Flex 9:20 am - 10:20 am		
Pilates 10:30 am - 11:30 am	Group Cycling 10:30 am - 11:15 am	Hatha Yoga 10:30 am - 11:45 am
Treadmill Trek 12:00 pm - 12:45 pm	Group Cycling 11:30 am - 12:15 am	

Sunday, March 7
Dance Xplosion 1:00 pm - 2:00 pm

Free Registration

Call the Ephrata Rec Ctr to Register: 717- 738-1167