



## FREE Fitness Classes!

Try out a new class, or new instructor!

Classes are FREE to members age 14+

Non-members pay the day use fee and may attend classes.

No reservations or registrations needed.

Space available basis. Schedule subject to change.

Monday, August 30	Tuesday, August 31	Wednesday, September 1	Thursday, September 2
Salsa Fit 9-10 a.m. w/ Kelly Studio	Aquatherapy 11-11:30 a.m. w/ Dorinda Therapy Pool	Gentle Yoga 10:30-11:30 a.m. w/ Sharon Studio	10-10:30 am Silver Sneakers Stability w/ Jess Gymnasium
	12-12:45 p.m. Yoga Foundations w/ Jaime Studio		Aquatherapy 11-11:30 a.m. w/ Dorinda Therapy Pool



**MANSFIELD**  
**COMMUNITY CENTER**  
*Family, Fitness & Fun!*