

Giving Week

Come in out of the cold and take a class for FREE!

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|-----------------------|------------------------|--------------------------|-------------------------|
| Monday December 19 | Tuesday December 20 | Wednesday December 21 | Thursday December 22 |
| TRX | Aqua Therapy | Bootcamp | Aqua Therapy |
| 9-9:30 am | 11:20 am-12:05 pm | 9-9:45 am | 11:20 am-12:05 pm |
| Kettlebells | | All Levels Yoga | |
| 12:15-12:45 pm | | 10:30-11:30 am | |

Our instructors volunteer their time to teach during this week.

Members and non-members may attend. Participants must be ages 14+.

Please bring a NON-EXPIRED canned good, personal care item or monetary donation for each class attended. All items will be given to the Mansfield Food Pantry for distribution.

Schedule subject to change.



10 South Eagleville Road Mansfield, CT 06268
(860)429-3015 or www.mansfieldcc.com

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