

Recess is back!

Remember when you did not realize you were exercising because you were having so much fun with your friends? JOIN THE NEW CLASS called.....

Have a Ball!

A low-impact exercise class



\$3 per class

THURSDAYS @ 10 a.m.

Hazelwood Center

553 Brock Ave., NB 508-991-6208

starts Sept. 15th



Join us for a fun, non-intimidating workout to upbeat music. Using a 9-inch soft ball you will be guided through a series of fluid motions to increase stabilization and range of motion. The ball will also be used in a standing or seated position for strength and gentle stretching exercises. Improve your posture, balance and mood! Taught by Dara Midwood!